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KETO

FOR WOMEN OVER 50

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FOR WOMEN OVER 50



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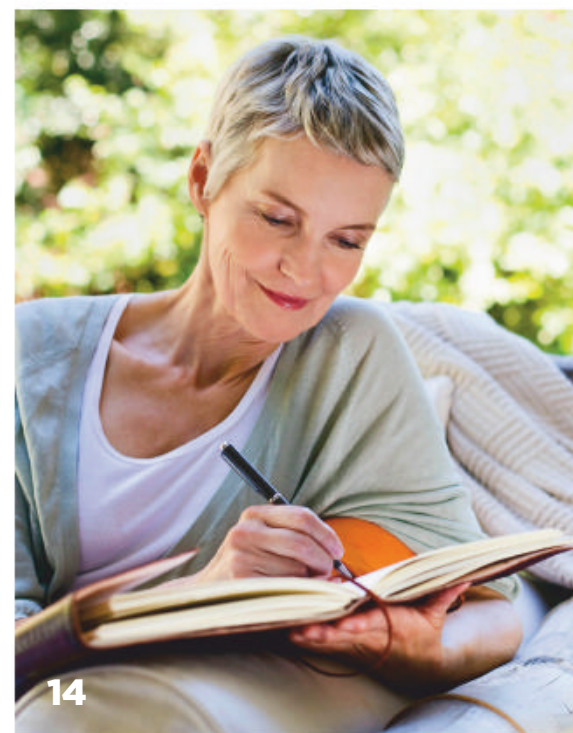
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Information in *Keto for Women Over 50* is provided for awareness, education and general information. Health benefits of various diets, foods and weight-loss strategies are the opinion of the author, and there may be differing views on many of the topics covered, including evolving research, opinions, benefits and efficacy. This magazine is meant to inform the general reader and is not a substitute for medical advice by a physician, dietitian and/or nutritionist. Please consult a doctor if you have chronic ailments or feel adverse side effects after starting a nutrition regimen, and do not ingest items to which you have sensitivities or may be allergic. Readers should consult a licensed health professional who knows their personal medical history on matters relating to their health and well-being, including being aware of potential interactions with medications they are taking and conflicts with other wellness-related goals.





section

1

keto 101

*Learn why a ketogenic diet may be the ideal choice
for women over 50—and how to get started.*

why keto *now?*

If you are overweight or obese, dropping excess pounds may be one of the most important things you can do to maintain your long-term health. And for women over 50, a ketogenic diet may be the smartest way to get started.



I'm a Vegetarian. Can I Do This?

Yes, but the more liberal vegetarian lifestyles—such as pescatarian or lacto-ovo and ovo-vegetarian—are a bit easier. Vegan keto is doable, but challenging. The main issue for most vegetarians is getting enough protein, including all of the necessary amino acids.



f you're over 50, you're probably all too aware how challenging it can be to lose weight and keep it off. Unfortunately, it only gets harder as you age, and the reasons are both biological and psychological. Biologically, changing estrogen levels and declining muscle mass are the major factors, but psychologically, your relationship to food—what kinds of foods you eat, how often you eat them, how much you eat and when—probably hasn't changed since your 30s. That means you're eating for the body of a 30-year-old rather than one at midlife. "It may seem as if the weight suddenly shows up on your 50th birthday, but it's actually been in the works for up to 10 years," says Elizabeth Ward, MS, RDN, co-author of



Is Keto Right for Me?

Only you and your doctor can decide if a ketogenic diet is appropriate for you, but some people with preexisting conditions may want to pause. You should reconsider this plan if you have a kidney, liver or pancreas disorder, or if you've had bariatric or gallbladder surgery (digesting the high fat content of a keto diet may be problematic). Also talk to your doctor if you have heart disease, prediabetes or diabetes about whether this diet makes sense for you, and enlist the help of a registered dietitian for advice most appropriate for your individual needs. (See Section 2 for more information on the role keto can play with chronic ailments.)

**Healthy eating
at midlife looks
different.**



Losing
belly
fat lowers
your
disease
risk.

The Menopause Diet Plan: A Natural Guide to Managing Hormones, Health, and Happiness. You've also probably noticed that your usual methods of losing weight—cutting back on treats, say, or exercising more—aren't as effective as they may have been before, and that can make you feel powerless to stop the spread.

Women tend to gain more fat and lose more muscle during perimenopause and in the 10 years after menopause, according to the Study of Women's Health Across Nations, which analyzed the body compositions of more than 3,000 ethnically diverse women. And most of that added fat gets

deposited in the abdomen. According to a 2017 study published in the *Journal of the American Medical Association*, gaining just 11 pounds between the ages of 18 and 55 can increase your risk of Type 2 diabetes, heart disease and high blood pressure. Excess body fat can also exacerbate menopausal symptoms like hot flashes that impact quality of life. Thankfully, weight loss is possible—and a ketogenic (or “keto”) diet can help.

The keto diet is a radically different way of eating that kick-starts your body's natural fat-burning system. Switching to a keto-friendly way of eating can teach you how different foods affect your body, how to keep cravings at bay and how to prepare food in a new way that maximizes flavor. Keto also empowers you to take back control of your body. It's safe, effective and easy to follow.

How It Works

First, let's get back to basics. When you eat, your digestive system breaks down a meal into all of its essential nutrients—protein, carbohydrates and fat, plus vitamins and minerals—and

The Dirt on “Dirty Keto”



As you start learning about keto, you will very likely come across the terms *clean* and *dirty*. In general, “clean keto” refers to the reliance on whole, nutrient-dense, unprocessed foods, with only the occasional processed or packaged food item, while “dirty keto” often involves a preponderance of processed and packaged foods. The former is your best shot at providing your body with all the nutrients it requires, with few of the excess chemicals and other ingredients that are often found in packaged foods. In particular, dirty keto diets are often very high in sodium, which may be a problem if you have or are at risk for high blood pressure. Following a clean keto diet may require more kitchen prep time, but it also makes you more connected with the process, so you can enhance the flavors of the food you eat in a way that's most desirable to you, using ingredients that you can pronounce—and feel good about.

distributes those nutrients according to your needs. Protein—found in foods like meat, fish and egg whites—is broken down into amino acids, the building blocks used to make and repair cells and to manufacture enzymes, which spur nearly every chemical reaction in your body. Carbohydrates—found in vegetables, fruits, grains, dairy foods and sweets—are turned into glucose to be burned for energy. And fat (oils, cheese, fatty fish and meat) is used primarily to produce hormones, insulate organs and help cells absorb certain nutrients.

Under certain conditions, your body can also use fat for energy, and

Will I Keep the Weight Off?

That's up to you! Dieters who are most successful in the long term tend to maintain several healthy habits after they first lose weight, according to findings from the National Weight Control Registry, a database of people who have maintained a weight loss of at least 30 pounds for a year or more. They eat breakfast every day, exercise about an hour daily, weigh themselves at least once a week, and watch fewer than 10 hours of TV per week.

What About Fiber? “Fiber is vital if you’re trying to lose weight or not,” says author Elizabeth Ward, MS, RDN. “Fiber is essential for the beneficial bacteria in your gut to thrive and support not only gastrointestinal health, but also your immune system and brain. For those with cardiovascular issues, a diet rich in fiber can also help lower blood cholesterol levels and reduce the risk of clogged arteries that can cause a heart attack or stroke.” Avocados, chia seeds, flaxseed and nuts are all keto-friendly foods that pack a lot of fiber.

that’s where keto comes in. “The main thing that happens when we follow a ketogenic diet is our body switches from using glucose as the primary fuel to using fat as the primary fuel,” explains Bret Scher, MD, a cardiologist based in San Diego. “This makes total sense from an evolutionary standpoint because we didn’t always have food available, and we certainly didn’t always have carbohydrates available.” Making this switch is easy: Eat fewer carbohydrates and more fat and protein.

When you first start eating this way, you will begin dropping pounds within days, but this initial weight loss is mostly fluid. In the absence of sufficient dietary carbohydrates, your body will go in search of stored carbohydrates, otherwise known as glycogen. Each stored glycogen molecule is bound by three to four

molecules of water, so as you burn glycogen, you’ll release that fluid. This diuretic effect can sometimes lead to a syndrome called the keto flu (see “What to Know Before You Keto,” page 20).

Once your glycogen stores are depleted, your liver will start burning fat for energy, creating by-products called ketones. “Ketones can be used for energy, especially by the brain, and they also have a number of other benefits from reducing inflammation and improving recovery to reducing hunger,” explains Scher. The presence of ketones in your blood, urine and breath is a sign that you are “in ketosis” and you are burning both dietary fat and body fat (even stubborn belly fat). “How soon ketosis occurs and the amount of ketones that accumulate in the blood varies, but it takes about three to five days,” says Ward.

As your body adjusts to this new fat-burning process, you may experience a wide range of symptoms, but

surprisingly, you probably won’t feel very hungry. That’s because ketogenic diets tend to be more satiating than higher-carbohydrate diets. For starters, ketosis triggers an increase in appetite-suppressing hormones and a decrease in appetite-stimulating hormones. But the added protein and fat are also more satisfying in general, according to research. “When we allow people following a ketogenic diet to eat as much as they want, they end up eating fewer calories anyway because it tends to be a more filling diet that reduces appetite,” says Scher. You may also feel more focused and full of energy. Your blood sugar levels will stabilize. Your insulin levels will drop. And your cholesterol ratio may improve. You may even sleep better.

The keto diet has been around for decades and has been used clinically to treat serious conditions like epilepsy in children. It’s become popular for weight loss because it works. One



Keto Your Way

When it comes to keto diets, one size doesn’t have to fit all. In fact, there are several approaches to going keto, depending on how much exercise you do or other factors. Your doctor and registered dietitian may advise starting with the standard diet, or, given your health history, trying a modification.

Standard This is the basic keto diet that most people strive to follow: It’s a very low-carbohydrate, moderate-protein and high-fat diet typically containing 70% fat, 20% protein and only 10% carbohydrates.

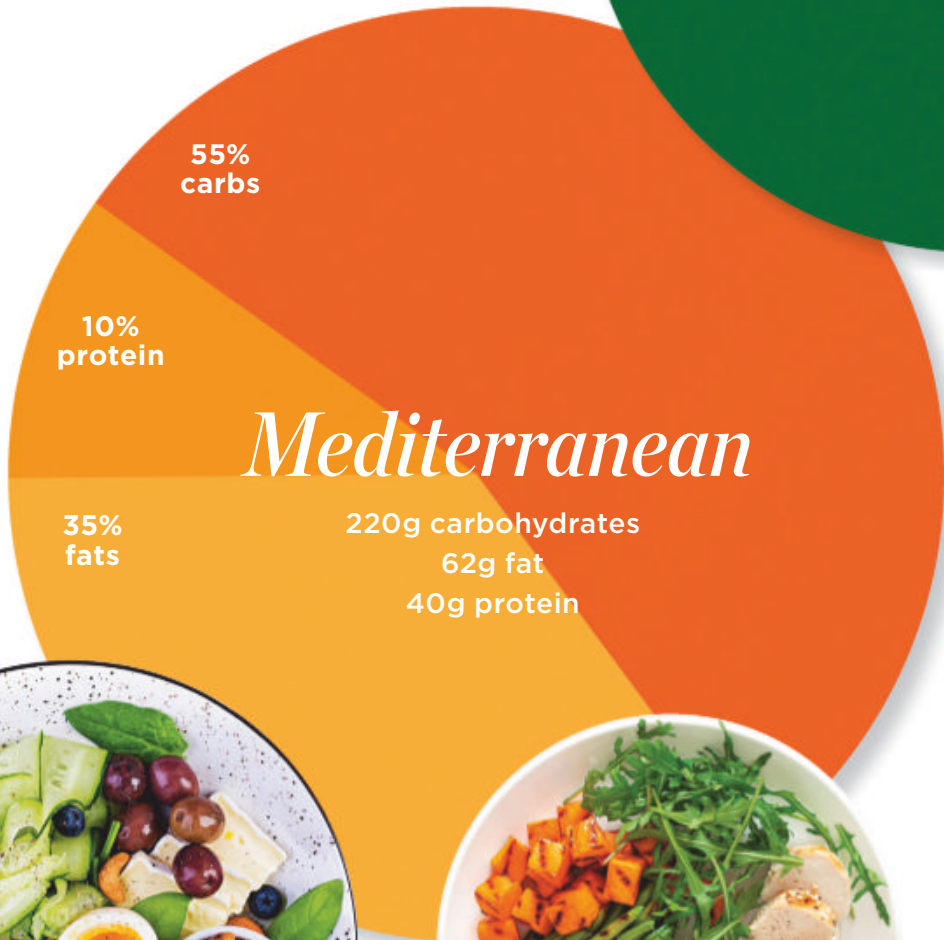
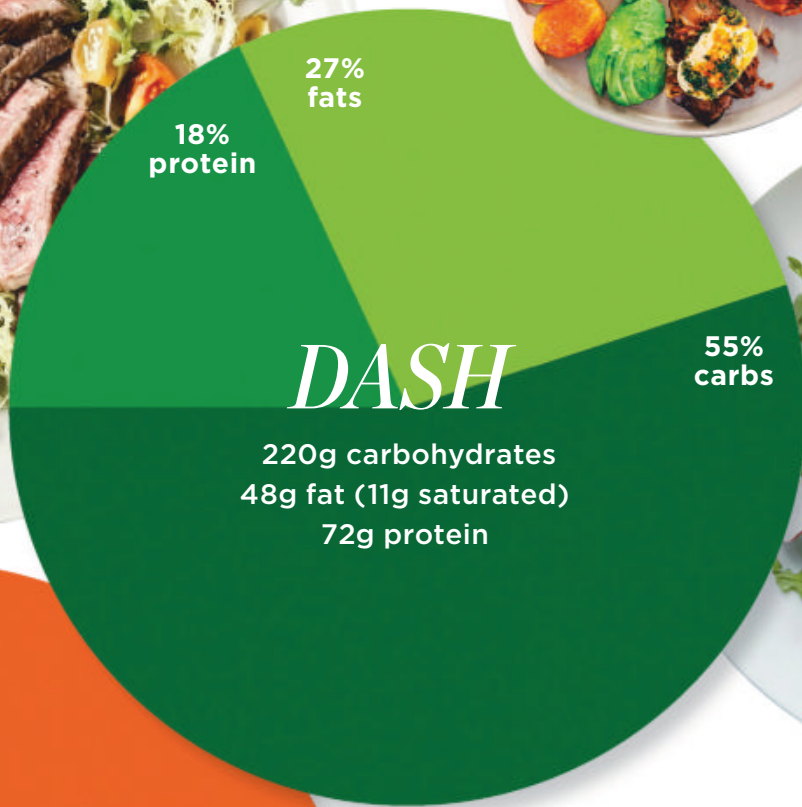
High-Protein This version includes additional protein, which may help preserve muscle mass. The ratio is often 60% fat, 35% protein and 5% carbohydrates. This may be a smart modification for women over 50 who are practicing some types of strength- or resistance-training workouts.

Cyclical This diet involves short periods of higher-carbohydrate days, such as five ketogenic weekdays followed by two higher-carb weekend days. Keep in mind that with this plan, you may cycle in and out of ketosis, which could slow your fat loss.

Targeted This version of keto allows for additional carbohydrates before and/or after workouts. It’s more commonly used by athletes who are doing intense or endurance-focused workouts under a coach’s supervision.

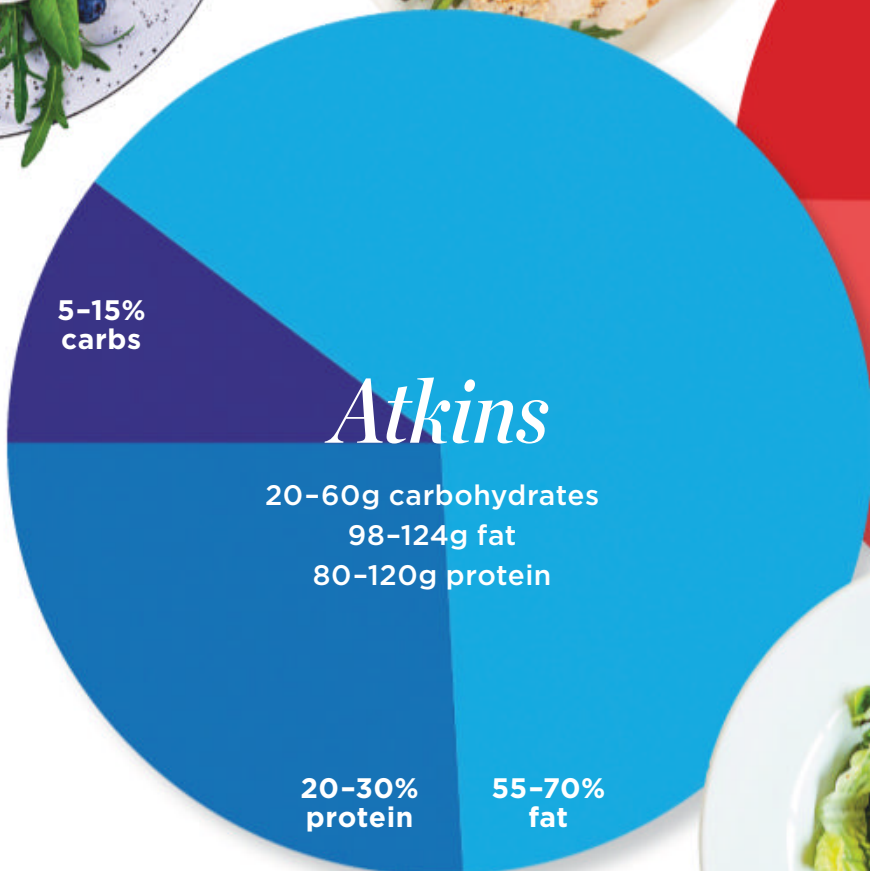
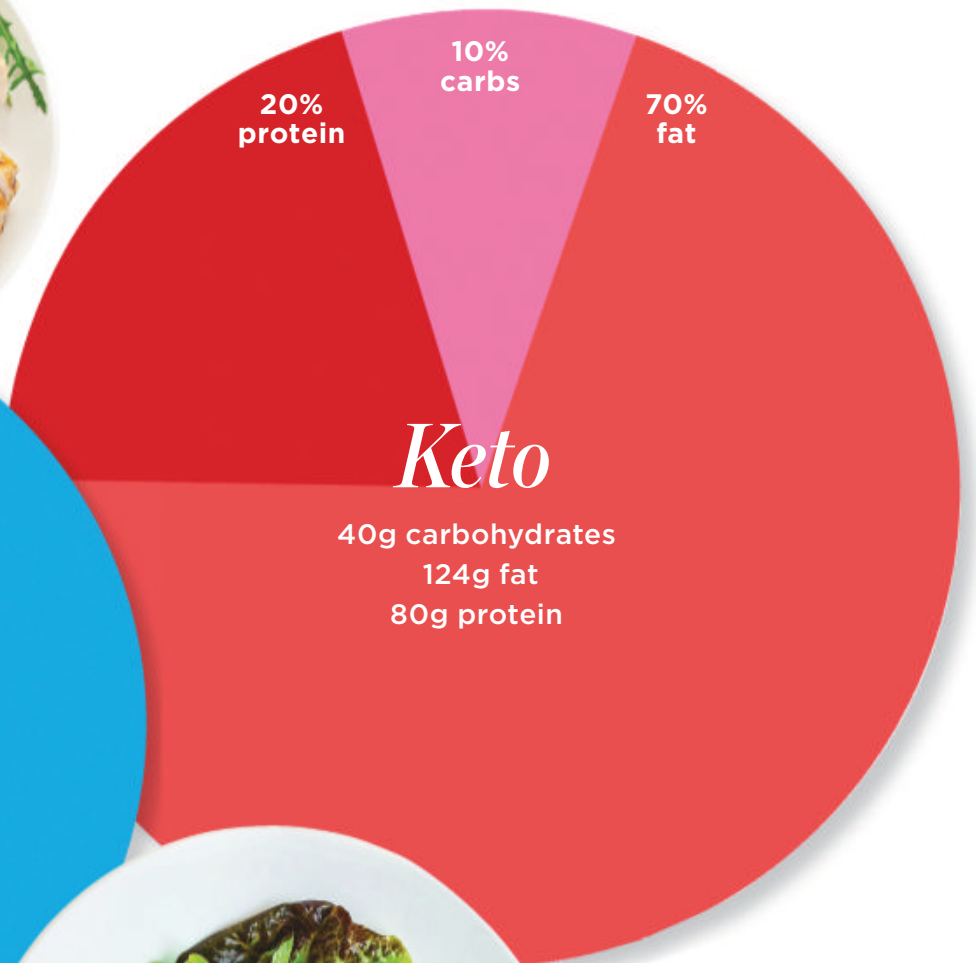
Keto can help protect your heart.





Mind Your Macros

Here's how some popular diets compare to the keto plan, as well as how many grams of each macronutrient you'd need if you consume about 1,600 calories per day.





review published in the *British Journal of Medicine* found that keto diets were more successful for long-term weight loss than low-fat diets.

Indeed, the keto diet may be especially good for women over 50. “This is the age when women start to lose muscle mass and bone mass, and the most important nutrient for maintaining bone and muscle is protein,” says Scher. “A ketogenic diet supplies adequate amounts of protein, while reducing carbohydrates, which promotes fat loss. That combination is what you want any time in your life but especially as you age.”

What About My Medications?

If you take insulin or blood pressure medication, you should consult with your doctor before starting a ketogenic or any other diet. The changes in body chemistry that occur during ketosis can cause fluctuations that can intensify the effects of these drugs. Similarly, ketosis can affect brain chemistry, so if you take any psychiatric medications, be aware that you may need to adjust dosages accordingly. Similarly, as you lose weight, dosages may need to be revisited.

If you decide that the keto diet is the right next step for you, you’ve come to the right place. In this section, we’ll give you the basics of the diet and provide answers to many of your most pressing questions, including how to make it even more effective (see “Turbocharge Your Eating Plan,” page 24). In Section 2, we’ll review how the diet helps moderate menopausal symptoms like insomnia, hot flashes, mood swings and brain fog; how it can help prevent heart disease and diabetes; and how to make it more protective for bone and brain health.

Once the keto diet becomes part of your life, you’ll find it easier to adopt additional healthy habits, like walking more or journaling daily. You’ll find plans for both in Section 3, where you’ll also get smart advice on eating out and ordering in—the keto way. And for those days when you want to cook, turn to Section 4, where you’ll find a selection of delicious breakfast, lunch, snack, dinner and dessert recipes to try.

But first, get ready for diet success with the step-by-step keto prep plan on the following pages.

Tech Savvy

These apps can help make a keto diet easier.

For Tracking: Carb Manager

The most popular keto diet app offers all-in-one tracking of macronutrients, ketones, blood sugar, water intake, exercise and weight; you can even use a voice activation feature on your phone to log what you’ve eaten. There are also more than 5,000 recipes if you’re in need of some mealtime inspiration.

For Menus: PlateJoy

Input all of your dietary requirements plus the level of effort you’re comfortable with, and the system provides a weekly menu and shopping list. Menus and recipes are created by nutritionists, so you can have confidence that they’re accurate and well designed with lots of variety.

For Recipes: Total Keto Diet

The real draw here is the vast recipe database, with more than 800 exclusive recipes. Since it’s a keto-focused app, the daily menu plans are designed to help keep your carbs below 25 grams and your protein over 60 grams.

For Community: Keto Diet

This app offers competitive challenges that can make sticking to your keto diet goals more fun. Plus, a Facebook support group provides access to support and motivation from fellow users. Another bonus is that the nutrition data on Keto Diet comes from trustworthy sources like the USDA.



Write down
your goals
before you
begin.





Switching to a high-fat, moderate-protein, low-carb diet is going to feel very different at first. This strategy can help prepare your mind and body for what's to come.

your keto prep plan

1 Begin With Your “Big Why”

To give yourself a strong, sustainable foundation for motivation, devote some time over the next few days identifying *why* you want to lose weight. Beware of superficial reasons like seeing an arbitrary number on the scale; your “Big Why” isn’t the same as your weight-loss goal. Instead, think about the underlying reasons that are driving your interest in changing the way you eat. Is it to live longer? To feel more confident in your own skin? To inspire your partner to choose a healthier lifestyle? Whatever it is, write it down and keep it somewhere visible, like on your fridge or on the home screen of your smartphone. Then, visualize your Big Why taking shape. How do you feel? What are you doing? Who are you with? These mental images, attached to your written Big Why statement can serve as daily reminders of your personal end game and help you

to overcome the inevitable desire to return to your old eating habits, no more how stressful life may become.

2 Pencil It In

As your body switches to burning fat instead of glucose for energy, you may experience a brief period of lethargy, headaches and other side effects that could impact your day-to-day life. (See “What to Know Before You Keto,” page 20, for more.) Even if you follow our recommended precautions to minimize these effects, you never know how your body might react to this new way of working, so it’s best to start your diet when you’re able to take some time for recovery, if necessary. We recommend choosing a start date two weeks ahead.

3 Get the Gear

Invest in a few items that will make your keto lifestyle easy and more fun to follow. Since you’ll be drinking lots of water on this plan, consider purchasing a portable water bottle, filtration pitcher, electric tea kettle and/or a sparkling water maker. These gadgets may seem frivolous, but their presence on your countertop will serve as a daily reminder of the positive



changes you’ve decided to make. Also, now’s the time to order your ketosis testing tools (see “Ketone Checkpoint,” page 19) and learn how to use them. Down the road,

consider investing in additional cookware, like a stovetop grill pan, grill basket, high-quality sheet pans or even a few small appliance upgrades, like a blender or food processor, to make kitchen prep less time-consuming and more enjoyable. And, if you’re planning to start a walking regimen (like the one detailed on page 52 of this issue), invest in some quality walking shoes.

4 Recruit a Partner

Whenever you start something new, it’s always helpful to have a friend who takes the journey with you. You can share your triumphs, setbacks

and struggles and you can help each other bounce back quickly. If there’s no one nearby who’s willing to join you on your keto crusade, find an online community and draw inspiration and shared purpose from them virtually.

5 Purge the Pantry

This project could take several hours to complete. You’ll need to examine every item in your refrigerator, freezer and pantry and remove the ones that won’t be allowed on your new eating regimen. That includes pasta, rice, wheat flour, pre-packaged and processed meals, fruit juices and any condiments, dressings, sauces and marinades that contain added sugar. Consider donating any unopened items to a local food pantry.



6 Shop for Success

Finally, the fun part! Replace all the items you discarded with keto-friendly options. Choose organic, pasture-raised, GMO-free, wild-caught and grass-fed options when possible. These aren’t just good for the environment; often they taste better or have higher levels of specific nutrients you need. For instance, grass-fed beef and wild salmon each have more heart-healthy omega-3 fats than their conventional and farm-raised counterparts. When buying poultry, look for dark meat with the skin; the additional fat adds flavor and nutrients. Experiment with keto-friendly snack foods and condiments. Some foods, like cacao nibs and powder or tofu noodles, may seem foreign, but you may discover you enjoy them.

**Good friends
can help to keep
you accountable.**





Keto Shopping List

Fruits and Vegetables

Arugula, asparagus, avocados, bell peppers, berries, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, garlic, greens, herbs, kale, lettuce, lemons and limes, mushrooms, onions, spaghetti squash, spinach, tomatoes, zucchini

Snacks

Unsweetened cacao nibs and powder; collagen protein powder; dark chocolate (80% and higher); no-sugar-added dill pickles; olives; Parmesan crisps

Meats, Fish, Poultry

Bacon (nitrate-free); bones from the butcher (to make your own bone broth, see page 22); chicken thighs (with the skin); ground beef, chicken, turkey and lamb; hot dogs and sausages; pork belly and pork chops; smoked salmon, trout and mackerel; wild-caught seafood: halibut, salmon and tuna

Pantry

Almonds and other nuts and seeds like chia seeds, flaxseed and hemp seeds; no-sugar-added almond or sunflower seed butter; almond flour; apple-cider vinegar; avocado mayonnaise and oil; balsamic vinegar; bouillon; oil-packed canned seafood like salmon, sardines and wild-caught tuna; coconut aminos; coconut flour and oil; hot sauce; olive oil; red-wine vinegar; salsa; soy sauce; spices; tahini; tomatoes and tomato paste; vanilla extract; white-wine vinegar

Freezer

Bone broth; cauliflower and broccoli rice and florets; kale and spinach

Dairy

Butter; eggs; full-fat cheeses including cottage cheese; full-fat plain Greek or coconut yogurt; full-fat sour cream; heavy cream; kimchi; Shirataki tofu noodles; tofu



Cauliflower is rich in good-for-you fiber.



Choose a variety of lettuces.



Fun “zoodles” are spiralized veggies.



Experiment with lower-carb nut milks.



Chamomile and other teas hydrate.



Parmesan crisps are addictive.

Smart Swaps

TOSS/ADD

All-purpose and whole-wheat flour/
Almond or coconut flour

Breadcrumbs/
Chopped nuts or crushed pork rinds

Sugar/
Stevia or erythritol

Rice/
Riced broccoli, cauliflower or edamame

Milk/
Unsweetened almond or coconut milk

Pasta/
Tofu noodles or “zoodles”

Mashed potatoes/
Mashed cauliflower

Bread, buns or tortillas/
Lettuce or coconut wraps

Potato chips/
Parmesan crisps



Ketone Checkpoint

There's more than one sign that your body has entered ketosis, the physiological state in which your liver is breaking down fat, as opposed to glucose, for energy. Here, four ways to check:

Body The easiest way to evaluate whether you may be in ketosis is to ask yourself how you feel. Has your hunger evaporated? Do you feel energized, clear-headed—in a word, awake? These are all signals that you may be in ketosis.

Breath A breath analyzer is a fast and accurate way to identify ketones in your breath. Most analyzers test for the presence of one type of ketone called acetone. A reading of 40 ppm indicates ketosis, compared to under 2 ppm for a healthy person following a traditional diet.

Urine Keto “sticks” or test strips are a cheap, accurate and convenient way to check for ketones in your urine. They work similarly to an at-home pregnancy test. Use them at the same time each morning or evening, so you can compare your progress. Buy directly from a reputable source like a pharmacy or drugstore. Your doctor can even write you a prescription.

Blood This is the most accurate way to test for ketones. Blood meters use lancets in addition to testing strips, which is an additional small cost to consider. Never buy strips or lancets not cleared for sale in the United States. (Packaging in a foreign language will be one clue.)

Feel great?
That's a sign
of ketosis.

*As your body changes
its fuel source, you may feel...
different at first.
Here's how to navigate
your first two weeks.*

what to know before you

keto

It's impossible to predict how your body might adjust to going keto.

"The 'keto flu' is a term used to describe a group of symptoms that occur when someone first starts a ketogenic diet," says Bret Scher, MD, medical director of DietDoctor.com. "Some people also think we should call it carbohydrate withdrawal." Studies show it can last up to two weeks, and it's usually fairly mild; however, if you were eating a very high carbohydrate diet prior to starting a keto plan, be prepared to experience the worst of it. "It can be easy to overcome with aggressive hydration and electrolyte replacement," says Scher, who also advises gradually reducing your carbohydrate intake over the course of a few weeks rather

than going cold turkey into keto. Here's what you can expect:

You'll Feel Less Hungry

When you consume fewer carbs, your pancreas produces less insulin, which means you'll naturally have less of an appetite. "A low insulin state facilitates the steady flow of fatty fuel reserves to the brain," explains Sean Bourke, MD, chief medical officer of JumpstartMD, a medical weight-loss practice in California. "That consistent fuel flow tends to significantly reduce

hunger and cravings, elevate and stabilize energy levels, and promote healthier sleep and mood." However, the decline in insulin levels can be dangerous if you have diabetes or take any medications that may influence insulin production, so it's important to consult with your doctor if that describes you.

You'll Need a Restroom More Often...

Reducing insulin creates a natural diuretic effect, meaning you start

**Common side effects
can be prevented with
adequate fluid intake.**

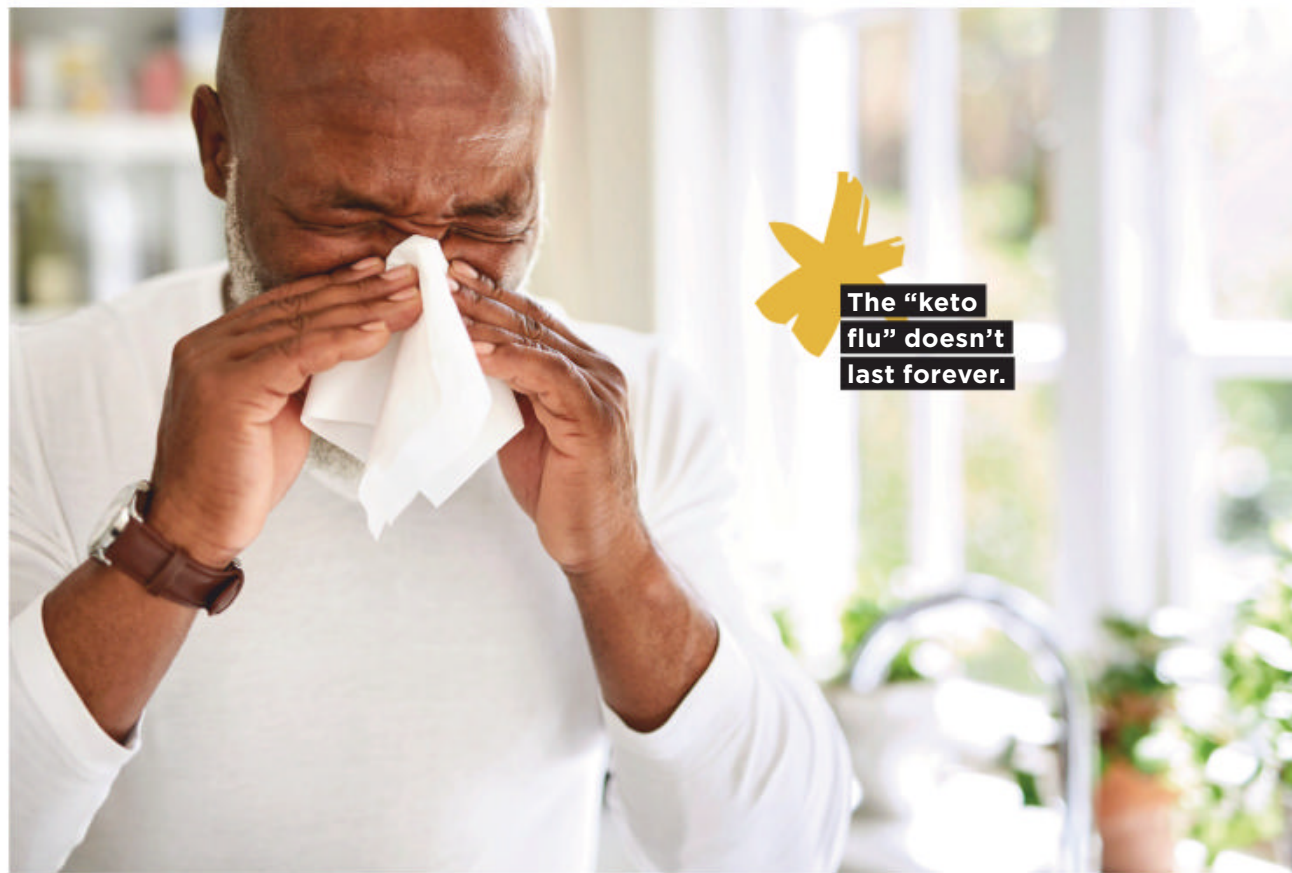
urinating more. It also means you may feel generally dehydrated: Your skin may feel drier than normal (hello, moisturizer!) and you'll probably lose anywhere from 2 to 8 pounds, sometimes more, depending on how much fluid you tend to carry. This is a natural response to switching your fuel source, but remember, it's fluid loss, not fat loss, which will come soon enough. The best treatment is to replenish those fluids with unsweetened beverages that are loaded with electrolytes. One of the best is plain water or coconut water flavored with lemon and a pinch of salt.

...Or Not

Unfortunately, this diuretic effect can also make constipation more likely. Once again, the best treatment is to take in fluids and fiber. If you're prone to constipation, consider trying a psyllium supplement like Metamucil when you start the diet and be sure to consume lots of keto-friendly vegetables like cabbage and broccoli while on the plan. In addition to providing fiber, these foods will also supply fluid and electrolytes.

You Can Miss Out on Important Nutrients

New keto dieters can quickly become deficient in potassium, sodium and magnesium, not to mention other electrolytes, says Scher, especially in the early days. Again: Aggressive rehydration with unsweetened beverages or low-carbohydrate sports drinks is the solution, as well as eating a diet high in vegetables. If you feel



especially unwell, consider adding back some carbohydrates in the form of berries and delaying your ketosis entry by a few days or weeks until your body adjusts. (See "Take Your Vitamins!," page 23, for more essential nutrients you should be aware of.)

You May Have Headaches and Muscle Cramps

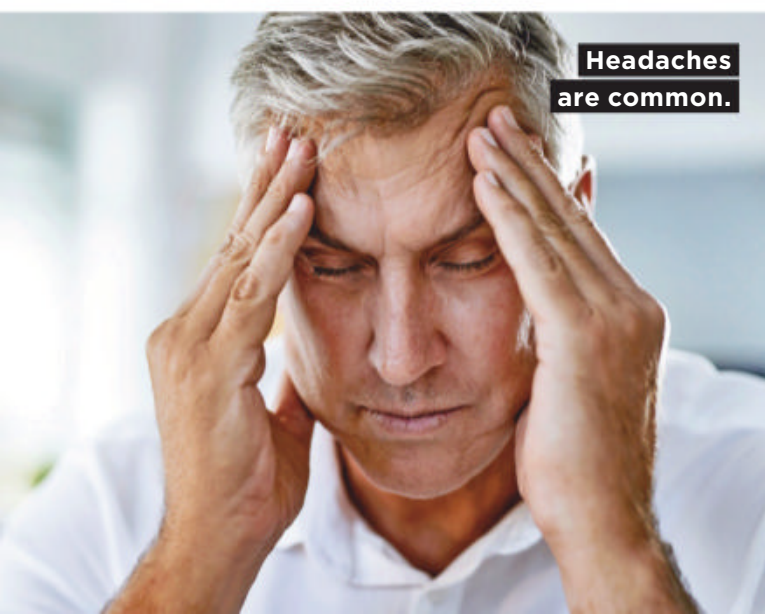
Along with thirst, these are general symptoms of dehydration that could come and go depending on the weather and how much you exercise. In the case of a leg cramp, you may even see a lump beneath the skin and/or be temporarily unable to use your leg. Don't panic! These symptoms will likely disappear with proper hydration. If the lump remains, consult your doctor; it may be a sign of something else.

Your Breath Will Smell Fruity

This unfortunate and annoying side effect is a result of a ketone called acetone being excreted through your lungs with your breath. To combat it, practice good oral hygiene, like brushing and flossing after every meal or snack and using a sugar-free mouthwash twice daily.

Is Ketosis Dangerous?

"Absolutely not," says Bret Scher, MD. "Nutritional ketosis is a completely natural and safe condition that is not harmful at all." However, in medical training, he explains, doctors aren't taught about nutritional ketosis. "But we are taught about ketoacidosis, which is a life-threatening condition that happens mostly in alcoholics and people with Type 1 diabetes." Unfortunately, many doctors don't recognize the difference. "Even though both conditions involve ketones, the level of increase in ketones as a result of nutritional ketosis does not significantly change the acid base of the blood, which is the danger of ketoacidosis," Scher explains. In fact, there's no reason why you couldn't stay in ketosis forever. "There are some hunter-gatherer populations who've been in and out of ketosis for their entire lives [due to their traditional diet pattern]."



Great bone
broth is rich
in nutrients.



It's OK to go in and out of ketosis, as long as your carb intake is low.

→ *Can I Have a Cheat Day?*

That depends what you mean by “cheat day.” You don’t need to be in ketosis all the time in order to lose weight, but your fat loss will slow. In fact, “keto cycling” is a common lifestyle strategy that involves cycling in and out of ketosis on a regular basis. This type of flexibility allows for seasonal dietary changes and major life events, making it easier to maintain a ketogenic dietary pattern over the long term. “You need to eat 20 grams of carbohydrates or less to be in ketosis, but maybe you take a couple of weeks or months during the summer to go up to 50 or 75 grams of carbohydrates so you can enjoy more seasonal berries or other fruits,” explains Bret Scher, MD. “You’ll be out of ketosis, but as long as you don’t go back to 200 grams of carbohydrates daily, it’s unlikely that you’ll gain any weight back.”

Bone Broth

Bone broth is easy to prepare and so rich in protein that making it should be part of your weekly routine. Sip it as a beverage or use as a base for soups. You can get the bones inexpensively from a butcher or save them yourself. Chicken and turkey bone broth will take less time than beef and pork, due to the delicate nature of the bones. Be sure to barely simmer broth—bubbles should be sparse. Good bone broth tastes rich and congeals with refrigeration.

Makes about 2 quarts

- 3 pounds animal bones, joints or carcasses (see Note, below)
- 1 large carrot, cut into 4 chunks
- 1 medium onion, with skin, cut in half
- 2 celery stalks
- 2 tablespoons extra-virgin olive oil
- 12 cups water
- 2 tablespoons apple-cider vinegar
- 2 bay leaves
- 1 handful parsley stems
- 1 tablespoon black peppercorns
- Salt, to taste

1. Heat oven to 400 F. Place bones and vegetables on a baking sheet and drizzle with oil. Rub to coat all surfaces.
2. Roast 30 minutes or until browned all over.
3. Transfer contents of baking sheet to a stockpot. Cover with water; add vinegar, herbs and peppercorns. Bring to a boil and skim off any scum on surface. Reduce heat to low and simmer for at least 8 hours or up to 16 hours; the longer it cooks, the more nutritious it will be. Season with salt to taste.
4. Let broth cool; strain out the solids. Cover and store in the fridge overnight. Keep the fat if you want a richer flavor. (Recipe courtesy of Aimee Aristotelous, Author of *Almost Keto*)

Note: For beef bone broth, use oxtail, marrow or shank bones, knuckles or neck bones. For chicken or turkey broth, use carcasses, feet, backs and wing tips. For pork, use ham hocks and neck bones.

Take Your Vitamins!

After age 50, your nutrient needs can shift. Here's how to get a keto-friendly daily dose.

NUTRIENT	WHAT IT DOES	AMOUNT	WHERE TO FIND IT
Vitamin A	Important for vision, immunity and organ function	700 mcg RAE	Beef liver, broccoli, dairy foods, leafy greens and salmon
Vitamin B6	Needed for metabolism and immunity	1.5 mg	Fish, organ meats and poultry
Vitamin B12	Maintains healthy nerve and blood cells	2.4 mcg	Beef liver and clams
Vitamin C	Acts as an antioxidant, needed to make collagen, improves iron absorption and protects immunity	75 mg	Bell peppers, berries, broccoli, and citrus
Vitamin D	Helps your body absorb calcium, needed for muscle movement, immunity and chemical messaging between the brain and nervous system	5 mcg (600 IU); 20 mcg (800 IU) over age 70	Mackerel, salmon and tuna
Vitamin E	Protects cells, helps with immunity	15 mg	Almonds and sunflower and safflower oils
Vitamin K	Important for blood clotting and healthy bones	90 mcg	Broccoli, kale, lettuce and spinach
Calcium	Necessary to maintain strong bones and for muscle and nerve functioning	1,200 mg	Cheese, milk, sardines and yogurt
Iodine	Required for thyroid functioning	150 mcg	Cod, tuna, seaweed, shrimp and other seafood
Iron	Needed to make hemoglobin, a protein in red blood cells that carries oxygen to your lungs	8 mg	Poultry, red meat and seafood
Magnesium	Helps regulate blood pressure and blood sugar levels	310–320 mg	Milk, nuts, seeds, spinach and yogurt
Manganese	Needed for metabolism, blood clotting and immunity	1.8 mg	Clams, mussels, nuts and oysters
Potassium	Necessary for nerve transmission and kidney and heart function	2,600 mg	Broccoli, spinach, squash and tomatoes
Zinc	Aids the immune system in fighting off viruses and healing wounds	8 mg	Oysters, poultry and red meat



turbo-charge *your* eating plan

Intermittent fasting can kick your keto diet into high gear for maximum results. Here, four ways to do it safely and effectively.



ne of the best ways to see fast results from a ketogenic diet is with a strategy called intermittent fasting, or IF, for short. According to a 2020 report from the International Food and Information Council, IF on its own has become the most popular way of eating in America (clean-eating and keto are numbers two and three, respectively). One reason is because IF is incredibly simple to follow: You simply stop eating, or eat much less than usual, for a period of time. How long varies: It could be hours or days, depending on the particular regimen you choose.

For some people, IF may already be familiar from a cultural or religious

standpoint. For instance, Jews traditionally fast on Yom Kippur, Muslims fast during the holy month of Ramadan, and Catholics refrain from eating meat on Good Friday. Because fasting is already a part of some people's lives, adopting it for more extended periods of time may be an easy dietary change to make.

Social media and celebs have also helped make IF popular. Jennifer Aniston, 53, has been eating this way for a couple of years (she reportedly has just coffee and celery juice during her fasting breaks), while Cameron Diaz,

Tip Choose healthy foods, always. Following a "dirty keto" plan with an IF regimen layered in is a recipe for malnutrition. Pay particular attention to your consumption of protein—make sure you get enough—and choose vegetables that are high in fiber.

50, told the Goop podcast, "Doing a little reset kind of brings you back. It helps you be more present at the moment, staying aware of what you're saying and what you're doing."

But the biggest reason IF has gained in popularity is because it's incredibly effective at helping people lose weight. Plus, decades of animal and human research shows that IF also offers a host of other health benefits, including reduced risk of diabetes, heart disease, cancer and dementia. It may even prolong life: Some researchers theorize that when you fast, you deprive your cells of an immediate energy source. This puts them under a mild form of stress, which in turn spurs them to adapt and get stronger. The effect is similar to the way daily exercise stresses our muscles and bones, but also makes them stronger. Other researchers believe that IF works because it spurs ketosis. "Nutritional ketosis creates a high rate of fat-burning wherein fat



becomes the primary fuel source for the body and brain,” explains Sean Bourke, MD, chief medical officer at JumpstartMD, a medical weight-loss practice in California.

It’s for this reason that IF is often used in conjunction with a standard keto diet, says Bret Scher, MD, medical director of DietDoctor.com. “For one thing, it can help curtail the side effects of keto flu. It may also help jump-start the plan,” Scher explains, adding that this leads to an initial weight loss that can be motivating. It can also help change your perspective on diets in general.

IF helps you reduce your calorie intake without feeling hungry.

“The concepts of needing to eat every few hours, and three meals a day with snacks, and breakfast being the most important meal of the day, are not based in science,” explains Scher. “If someone can lengthen the time between meals, and do it in a way that doesn’t make them hungry, there is a definite health benefit, as long as you’re

getting enough nutrients, especially protein.” It’s important to note that IF is not “just like starvation,” as some critics claim, nor is it a license to binge on the days you’re not fasting. IF is a planned way of eating that allows you to reduce overall calorie intake without feeling hungry or slowing your metabolic rate. That’s key.



Tip When you break your fast, be sure not to overeat or you risk an upset stomach. Remarkably, most studies show that while some people may eat more at their first post-fast meal, their food intake tends to decline over the course of the day.

Chronic calorie restriction—such as what happens to people following an overly restrictive low-fat diet or living through a famine—does slow metabolism. In contrast, explains Scher, intermittent calorie restriction has been shown to maintain or even increase your metabolic rate, making it especially helpful for women over 50, who experience a dip in metabolism due to age, hormonal fluctuations and changes in body composition. “You want to reduce your calories in a way that’s not going to slow it further, and that’s the benefit of intermittent fasting,” he explains.

But, Scher cautions, IF is not an ideal way of eating for everybody. “I’ve seen plenty of patients who end up eating more calories than they otherwise would have or some people who don’t get enough protein,” he says. “Like a lot of things, it can get oversimplified. It’s going to work very well for some people, as long as it’s done in the right way.”

To find out if IF is for you, here are several options to consider:

The 16:8 or Time-Restricted Eating Plan

With this type of IF regimen, instead of eating every few hours, you eat only within an eight-hour window, say between 9 a.m. and 5 p.m. or noon and 8 p.m. The remaining 16 hours of the day, you consume only clear, unsweetened fluids, if anything at all. Some people even shorten the time available for feeding to six hours, but if you’ve never fasted before, that may be a more difficult change.

In addition to timing, there’s also considerable variability in meal composition with this plan. Some experts advise making the evening meal (or the meal you consume closest

to your bedtime) the largest, i.e., no breakfast, a light lunch and a substantial dinner. This helps you to maximize the workday advantage of the natural alertness that can be a side effect of fasting and underfeeding. But other experts take the opposite approach, advising you to eat the bulk of your calories in the morning hours, so you can burn them off throughout the day. Choose the method that works best for your lifestyle.

The 5:2 or Alternate-Day Fasting Plan

Popularized by the 2013 *New York Times* best-seller *The Fast Diet* by Michael Mosley, MD, a British

broadcaster, this regimen was also promoted by late-night talk show host Jimmy Kimmel. It involves eating normally for five days of the week and consuming fewer than 25% of your daily calorie needs on two days a week. The concept is similar to the 4:3 diet, also referred to as alternate-day fasting, which requires undereating, or fasting, for three days instead of two. Critically, the fasting days should not be consecutive, which helps maintain your metabolic rate and control your hunger.

This regimen is the best-studied of the various forms of IF, and the research has been quite promising. In animal and human studies, alternate-day fasting has been shown to reduce



What Happens When You Fast?

When you start restricting carbohydrates, one of the first things to happen is your insulin levels drop. Insulin is a hormone produced by the pancreas that helps shuttle glucose, one of the principle components of carbohydrate-rich foods, into cells. Once inside, the glucose is used for energy by the cell’s “engines,” called the mitochondria. But insulin’s job doesn’t stop there. If there’s more glucose in the blood than the cells need to power their activities, insulin helps shuttle that excess glucose into storage as fat.

When carbohydrates are restricted, there’s not as much need for insulin, but there is still a need for energy. So your body goes first to any stored carbohydrate, also called glycogen, and then to its fat stores for fuel to burn for energy. It’s important to remember that you can only burn fat when you’re in a fasting state. If you’re eating multiple small meals all day long, your body will burn mostly carbohydrates in food and stored carbohydrates for energy. It is only when your body has exhausted its stores of glycogen that it then switches into fat-burning mode.

Other biomarkers that dip when you fast include LDL cholesterol and triglycerides. High levels of both of these can lead to cardiovascular disease and stroke. Levels of C-reactive protein (CRP), a marker of inflammation throughout the body, also take a dive. High CRP is linked to atherosclerosis, cancer, diabetes and dementia.

In the brain, levels of a protein called brain-derived neurotrophic factor (BDNF) rise, which may cause you to feel “sharper” or more focused. BDNF encourages growth of neurons in the part of the brain involved in learning and memory. Researchers have also found that fasting increases brain neuroplasticity—or its ability to adapt and grow in response to stimuli. It also makes the brain more resistant to disease.

In the absence of insulin, the body also produces Human Growth Hormone (HGH). In fact, after 24 hours of fasting, HGH levels can increase by as much as 2,000%. Higher levels of HGH helps strengthen muscles and reduce body fat.



Some IF regimens call for an end to eating at 8 p.m.

biomarkers for diabetes, cancer and cardiovascular disease. People who practice alternate-day fasting also lose more fat than people on traditional calorie-restricted diets. In one study that followed two groups of women, one of which followed a traditional reduced-calorie Mediterranean diet seven days per week and another that restricted their calories to just 650 twice a week and ate whatever they wanted on the remaining days, the 5:2 fasters lost twice as much fat.

Still, this can be a tough regimen to maintain, especially if you're new to IF in general (a 5:2 regimen tends to be easier to maintain than the 4:3 option), and it does require calorie-counting. But there is some flexibility on your fasting days: You can have three snack-sized meals, two small meals, one larger meal and a snack or one large meal, so you can customize it to your preference.

Warrior or One Meal a Day (OMAD) Plan

Call this regimen supercharged IF. Created by Ori Hofmekler, a former Israeli Special Forces member who transitioned into fitness and nutrition, the Warrior program involves eating all of your daily calories within a much

An IF regimen may cut the risk of diabetes, heart disease and cancer.

shorter window of time, typically just two to four hours a day.

This regimen is actually similar to the way practicing Muslims honor the holy month of Ramadan: They fast during the day, then eat one large meal in the early evening. In fact, research involving Ramadan celebrants has found that the practice induces weight loss while lowering LDL cholesterol and systemic inflammation.

To make this plan more manageable, it's important to consume a large, satisfying meal that supplies all or most of the day's calories; trying to eat a smaller meal will only backfire and make you hungry. You may also

Tip If you do feel hungry, wait 15 minutes. Hunger tends to come in waves and will pass eventually. If it doesn't, sip some bone broth or unsweetened tea to tide you over. Becoming able to recognize real hunger from phantom hunger that may be a result of boredom is one of the lessons of an IF regimen.

consider cycling this regimen in for a few days a week to make it more suitable to your lifestyle.

The Extended Fast Plan

This type of fast is actually a catch-all for various regimens, all including fasts for multiple days over the course of a term longer than a week, some as long as a year or more. One regimen in particular involves fasting five consecutive days per month over the course of a year. The calorie intake is roughly 1,100 for the first day and between 700 and 800 for each of the four days thereafter. A 2017 study published in *Science Translational Medicine* found that this protocol can

reduce body weight, total body fat, blood pressure and cancer risk, while preserving lean muscle mass—results that are all beneficial to women over 50.

Of course, the major drawback to this regimen is that it sounds so darned difficult (a quarter of the participants in the 2017 study dropped out), but consider this: This experience is similar to what one might experience during a weeklong visit to a pricey spa, so why not embrace it completely? Add in a massage or two, start a daily yoga, meditation or journaling practice and explore nature on your fasting days to imbue the week with even more total-body benefits.

Some extended-fasting regimens last more than a week. Surprisingly, practitioners of extended fasts tend to feel little hunger after the first couple of days. However, fasts like these should never be followed without close supervision by your doctor, and if you ever feel ill, you should discontinue the fast immediately.

when

you're not
eating food,
it's important to
drink clear,
unsweetened
liquids.







section

2

keto for your health

*How a ketogenic diet can help protect you
from heart disease, diabetes and more.*

A photograph of two women standing outdoors, smiling. The woman on the left has curly red hair and wears glasses, a dark coat, and an orange scarf. The woman on the right has blonde hair and wears glasses, a yellow quilted jacket over a blue shirt, and a watch. They are both holding shopping bags. The background is a blurred city street.

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The average
age of
menopause
for women
is 51.

es

*The years before and
after menopause are a prime
time for weight gain—but you
can take steps to stay healthy.*

t can start as early as your mid-40s. Maybe you inexplicably miss a period, or perhaps you wake in the middle of the night, sweating, only to grow cooler in an instant. These are all symptoms of perimenopause, the extended transition

that eventually leads to menopause, technically defined as going without a period for a full year. This transition period can be defined by one essential word: *change*. Your periods will change, of course, but so will your moods, your outlook and nearly every part of your body, all due to a decline in circulating estrogen, progesterone and other sex hormones. Weight gain, especially around the waistline, is common during this time.

Starting in your late 30s, the amount of progesterone and estrogen you produce steadily decreases as you age. In addition, the number and quality of your follicles decreases, which in turn causes a gradual dip in estrogen production. As you get older, you may start to experience a litany of side effects that are a direct result of these hormonal changes. These include irregular periods, vaginal dryness and other sexual changes, hot flashes and night sweats, mood swings, sleep disturbances, forgetfulness and difficulty concentrating. Add in the emotional events women may face at midlife—such as the death or illness of a parent, children leaving home, divorce and career changes—and it's clear that the time period before and after menopause can often be a difficult one for maintaining a healthy and active lifestyle.

But these hormone fluctuations and life circumstances don't just make it easier for you to eat and drink more and exercise less. They also increase your resistance to insulin and stimulate your body to store more fat around your waistline than on your hips and thighs, where you may have once more commonly carried excess weight (see "Anatomy of the Meno-Pot," next page).

“Needless to say, these changes are frustrating for women and furthermore, they can be dangerous, because unlike the subcutaneous fat underneath the skin, the accumulation of belly fat is a risk factor for metabolic syndrome and diabetes,” warns Sean Bourke, MD, chief medical officer at JumpstartMD, a medical weight loss practice in California. The good news is, there are many strategies you can employ today, for healthier and happier days ahead.

protein: 1.2 to 1.7 grams per pound of ideal body weight.

Build Muscle

On average, people lose 30% of their muscle power after age 50. One of the most effective ways to ward off midlife weight gain is to integrate strength-training into your overall activity. Yoga and Pilates can work, as can weight-lifting or functional fitness like high-intensity interval training. If you’ve been mostly sedentary, consider



Watch Your Fat and Protein Intake

Many people who switch to a keto diet feel it’s a license to gorge on fat. But for women in their 40s and 50s, overindulging on fat could stall weight loss or even lead to weight gain. Once you’re in ketosis and you’ve adapted to burning fat for fuel, you’ll start feeling fewer cravings throughout the day. That’s a signal to start watching your fat intake so you can make sure you’re in the right zone. It’s also time to fine-tune your dietary fat sources, taking care to reduce sources of saturated fats (butter, red meat and dairy) and increase mono- and poly-unsaturated sources, like avocados, olives, nuts, seeds and seafood. It’s also important to make sure you’re getting sufficient

enlisting the help of a personal trainer or exercise physiologist to help you avoid injury while you gradually build in a regular routine.

Scale Back on Alcohol

Although small amounts of alcohol are permitted on a keto diet, alcohol does add “empty” or non-nutritive calories and can aggravate menopausal symptoms like hot flashes and poor sleep. As we age, we process alcohol less effectively, so we’re more vulnerable to its effects. “It’s best to minimize alcohol intake but in a way that feels sustainable and realistic, while choosing alcohol options that are free of added or residual sugar,” advises Bourke. Don’t want to be a party pooper? Find fun “mocktail” ideas on page 62.



Anatomy of the Meno-Pot

Three reasons why women over 50 put on weight around the waistline:

***Hormones** Declining progesterone and estrogen levels shift fat distribution away from the hips and thighs to the midsection, similar to the way men put on weight.

***Muscles** As we age, sarcopenia, or a decline in muscle, is a natural process that, left unchecked, can lead to an increased risk of falls later in life. Since muscle requires more energy than fat, your calorie needs go down.

***Medications** Some prescriptions, such as antidepressants, can make weight gain more likely.

Perfect Your Sleep Routine

Getting enough sleep is critical at this stage in your life for several reasons. For starters, poor sleep can make you gain weight. In a study of more than 68,000 women published in the *American Journal of Epidemiology*, those who slept five hours or less gained more weight than those who clocked in more than seven hours



every night. Chronic sleep deprivation can make you feel too tired to exercise or do other healthful activities during the day. It can also make you more prone to snacking.

It's also critical to identify why you aren't sleeping well. If you lay awake ruminating on the day's events or worrying about what's to come tomorrow, look for ways to address your anxiety, whether that means seeking out professional assistance or asking for help from a trusted friend, neighbor or family member. If you tend to wake up repeatedly with night sweats or hot flashes, discuss hormone replacement therapy or other remedies with your doctor.

Now is also the time to establish and stick to a healthy sleep routine, starting with a strict bedtime. Power down about an hour before bedtime: Shut

off your phone and other electronics; prepare a cup of herbal tea or other soothing, sugar-free, nonalcoholic beverage; and meditate or write in your journal. Keep your bedroom cool and dark, and wear an eye mask or earplugs to prevent noise and light interruptions.

Focus on Health and Well-Being, Not Weight

The years between 40 and 65 can be difficult not just biologically but also emotionally. As kids move on to their own lives, many of us become more

introspective and have more time to reflect on emotional needs that may still be unfulfilled. Seen through this lens, the number on the scale may carry less import than your overall well-being and mental health. Rather than focusing on how many pounds you've lost, celebrate the positive changes you're making to your life and diet, such as increasing exercise, getting more protein and healthy fats, building more lean body mass, feeling energized and devoting more time to yourself. By making your own health a priority, you'll gain more than the scale could reveal.

Alcohol, anxiety and depression can all derail your progress.

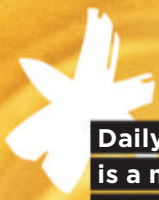


Build muscle
to keep your
metabolism
humming.

take
your
health
to

heart

*Protecting against
heart disease is critical
for women over 50.*



Daily activity
is a must to
reduce risk.

We're often reminded of the importance of getting regular

mammogram screenings after age 50, but you might be surprised to learn that you're more likely to die from heart disease or stroke than from all cancers combined. These two conditions kill one in three women every year—or one woman every 80 seconds. Some contributing risk factors, such as genetics or family history, are out of your control, but things like your diet can also make a difference.

“One of the biggest risk factors for heart disease is metabolic disease—high blood sugar and high insulin,” explains board-certified cardiologist Bret Scher, MD. “A lower-carbohydrate, higher-fat diet can help reduce those. There isn't just one nutritional path for heart health and, of course, there are so many other factors that protect your cardiovascular system.” Here are nine other things to start doing today to keep your heart ticking strong for a lifetime:

1 Quit Smoking for Good

It's no secret that smoking is unhealthy, but for women, it may be especially dangerous. Smoking increases your risk of heart disease and stroke by two to four times, and women who smoke are 25% more likely to develop heart disease than men. Even if you've cut back, you should strongly consider quitting entirely: Smoking just one to four cigarettes a day doubles your chance of a heart attack.

There are a whole host of reasons why smoking is so damaging. For starters, nicotine increases your heart

rate and blood pressure, and the carbon monoxide in the smoke starves your blood of oxygen. Over time, regular tobacco use damages your blood vessels and makes your blood more viscous, increasing the potential for clots. But smoking also makes it harder for you to engage in physical activity, so you're less likely to want, or to be able, to move enough to keep your heart strong.

The good news is you can halve your risk of stroke and heart disease

have high blood sugar, you may also have other cardiovascular risk factors, such as high blood pressure, being overweight and poor lipid profiles. Chronically high blood-sugar levels lead to Type 2 diabetes, a disease that, if left untreated, can affect your whole body, leading to excessive swelling of your hands and feet, vision problems and blindness, gum disease, problems with wound healing, loss of limbs, neuropathy and kidney failure.

cholesterol levels in partnership with your doctor are keys to success—especially if there's a family history of heart disease.

3 Control Your Blood Pressure

High blood pressure is commonly referred to as the “silent killer” because it has no symptoms. You might assume only Type-A workaholics suffer from high blood pressure. But the truth is, it's extremely common, and it's the main driver for the sky-high mortality rates of heart disease. It's smart to start tracking your blood pressure after age 50 with an at-home monitor so you can be aware if it starts to climb.

Women of color tend to be especially susceptible to high blood pressure and at a younger age, perhaps due to genetics or other factors such as racial inequality and healthcare disparities. But all women with blood pressure readings over 120/80 should be concerned, especially if you're also overweight or carrying more weight in your abdomen. After menopause, the risk for hypertension is twice as high, and the prevalence increases with age: Studies show up to 81.2% of women over 75 may suffer from hypertension. And beware: Hormone replacement therapy can increase your risk. The danger is that women with hypertension are more likely to have a stroke than men.

Medication is one way to control blood pressure, but other non-pharmaceutical interventions include losing weight if you need to, exercising daily, drinking less alcohol, and limiting salt and sugar in your diet. Since the ketogenic diet is very low in sugar, it can be beneficial for many. In some cases, it may be too helpful: Some people who go on a ketogenic diet experience such a steep drop in blood pressure that their medications may need adjusting. If you have been diagnosed with hypertension or are at risk for low blood pressure, it's

1 A keto diet can help control blood sugar levels and lower insulin.

by quitting tobacco for a full year. If you stay tobacco-free for longer, your risk will continue to decline until it's as if you never smoked at all. Studies show that quitting can be more difficult for women than for men, so you may want to consider a multipronged approach, including medication, nicotine replacement and other supportive therapies.

2 Manage Your Blood Sugar

High blood sugar damages the blood vessels and nerves that control your heart, not to mention the rest of your body. If you

Although women typically develop heart disease later than men do, thanks to estrogen, which helps protect your heart, having prediabetes or diabetes erases that advantage. And for women who have already had a heart attack, diabetes doubles the risk for another one and increases your risk of heart failure.

The good news is that a ketogenic diet can be helpful for many people in controlling blood sugar levels and lowering insulin, according to a 2019 research review published in the journal *Nutrients*. However, the authors also cautioned that daily exercise and management of





Gardening
is a low-
impact
activity.



Keto-Friendly Fiber

Women over 50 need at least 21 grams of total fiber daily, with at least 6 grams coming from soluble sources.

Food	Soluble Fiber
Asparagus	1.5g (5 spears)
Avocado	2.1g (half fruit)
Broccoli	1.5g (half cup)
Brussels sprouts	2g (half cup)
Sunflower seeds	1g (quarter cup)

important to consult with your doctor about potential risks before starting a ketogenic diet.

4 Lower Your Cholesterol
In general, estrogen helps protect women from heart disease by increasing levels of HDL cholesterol (the good kind) and decreasing levels of LDL cholesterol

(the bad kind). After menopause, this protection goes away, and women tend to have higher levels of total cholesterol than men do. High LDL cholesterol levels, in particular, contribute to clogged arteries, which can lead to heart attack and stroke. In addition, high triglycerides—caused in part by obesity as well as a diet high in carbohydrates—elevate a woman’s heart disease risk.

In general, lowering your intake of saturated fat (found mostly in animal foods) and trans fats (found in many processed and packaged foods) are two key ways to manage your LDL cholesterol levels, but consuming a

diet high in omega-3 fatty acids and soluble fiber can also help. Cold-water fatty fish like salmon, mackerel and tuna; seeds like flaxseed and chia; nuts like and walnuts are all good sources of omega-3s. Brussels sprouts are a good source of soluble fiber, but if they’re not your thing, you can also try a psyllium fiber supplement such as Metamucil. (Check labels; not all fiber supplements contain psyllium and therefore may not offer the same benefit.) Foods rich in monounsaturated fats—like avocados, olive and canola oils, and almonds—are also beneficial for maintaining healthy cholesterol levels.

5 Know Your Family History

If any of your family members has a history of heart disease, stroke or risk factors such as high cholesterol, there's a good chance you may also be susceptible. If you understand what risk your genetics pose, you can prepare ahead by making more aggressive lifestyle changes earlier. Start by asking your immediate family members if they have any risk factors, and at what age they became apparent. This information provides a broader picture of the environment and genetics in place in your upbringing. Though you can't alter your genes, you can alter your environment considerably.

Even if everyone seems healthy, note that other genetic factors can increase your family's overall risk profile. For example, statistics show that Black men and women have higher risks of high cholesterol, hypertension, diabetes and stroke; Hispanics have a high prevalence of high blood pressure and high cholesterol, as well. Obesity and diabetes can make all of these conditions more concerning.

There's an important head-heart connection that can influence health.

6 Get—and Stay—Active

Any activity that raises your heart rate can benefit your heart by lowering your blood pressure and improving your cholesterol levels, but daily exercise also helps improve your mental health and well-being and protect your bones and joints.

The great news is you don't need to overdo it; just half an hour per day of moderate activity will do the trick, and you can even do that in 10-minute increments throughout the day. Even a single bout of exercise can help your heart immediately, according to a 2017 research review published in *JAMA Cardiology*.

One way to get in your daily dose of activity is to follow our four-week walking program (see page 52), but you can also make small changes to your daily lifestyle, like taking the

stairs, walking at the mall or with a pet or friend, or getting a step tracker and setting a daily goal.

7 Lose or Manage Your Weight

Carrying too much weight, especially around your midsection, is very dangerous for women over 50. In particular, obesity—defined as having a body mass index of 30 and above—increases the risk of heart disease for women by as much as 64%, compared to 46% for men. But being overweight also ups your risk of high cholesterol, high blood pressure and diabetes, putting your heart in danger. Even losing a small amount of weight—say, five pounds—correlates with improved blood pressure, blood sugar, cholesterol and inflammation markers. Following a ketogenic diet, which is packed with whole foods





Healthy fats
and lean
proteins keep
you lean, too.

rich in monounsaturated fats and soluble fiber, can help you reach a healthier weight.

8 Eat “Clean”

This popular term has come to mean many things to many people, but for our purposes, a clean ketogenic diet is one that’s comprised mostly of whole, unprocessed foods. Processed and packaged foods often contain added sugar, sodium and trans fats, all of

which can, when consumed regularly, put your heart health at risk. Eating a clean keto diet can also help you get enough of the nutrients a healthy heart requires, while still staying within the recommended macronutrient levels to stay in ketosis. Some nutrients, like calcium (found in dairy foods), potassium (found in leafy greens, nuts and avocados) and magnesium (found in avocados, nuts and pumpkin seeds), are especially heart-healthy.

When choosing sources of fat in your ketogenic diet, turn to foods rich in unsaturated fats like avocados,

your blood pressure and make it more difficult for you to maintain healthier lifestyle choices, like daily exercise or healthy eating. Stress may also affect your sleep.

A daily meditation practice can help calm your mind and lower blood pressure. Research has also found that meditation can raise your heart-rate variability (HRV). This measurement relates to how quickly your heart adjusts in between each heartbeat; a low HRV is associated with a 32% to 45% increased risk of heart attack or stroke, even among people without



Fill your
plate with
whole
foods.

Stroke Warning Signs

Call 911 immediately if you or someone you know experiences sudden:

- Numbness or weakness in the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

nuts and seeds, and seafood. Some keto-diet advocates claim you can eat all the butter and cheese you desire. If you restrict carbohydrates enough to remain in ketosis, you will lose weight, but loading up on saturated fat will also increase your cholesterol levels, which won’t do your heart any favors.

9 Stress Less

More research is needed to determine how the amount of stress in your life can directly affect your risk of heart disease, but what is known is that stress can negatively impact other risk factors you may have. For instance, high-stress environments can raise

a cardiovascular-disease diagnosis. A 2013 study found that people who did five minutes of meditation daily for 10 days had a better HRV compared with those who didn’t meditate.

If you suffer from depression, you should be aware that this in itself is a risk factor for heart disease. Women younger than age 55 with depression who develop heart disease have the highest risk for poor outcomes, including death, when compared with older women and younger men. Some commonly prescribed medications for depression can contribute to weight gain, so consider other non-pharmaceutical treatments such as talk therapy.

a diabetes solution?

*New research shows that ketogenic diets
may be more effective at preventing,
managing and even reversing this debilitating
and deadly disease.*

It's no secret that the risk of Type 2 diabetes begins to rise at midlife and continues to grow as you age.

After all, this type used to be called “late-onset” or “adult-onset” diabetes, to distinguish it from Type 1, which is sometimes referred to as “juvenile” diabetes. But in the past several decades, rates of Type 2 diabetes have skyrocketed. Current trends indicate that as many as one in three Americans could have it by 2050.

Type 2 diabetes is a condition in which cells become insulin-resistant, so they're unable to take in glucose.



Your pancreas produces insulin, often in increasing quantities, but it has little to no effect. As a result, in people with Type 2 diabetes, glucose continues to circulate throughout the bloodstream, damaging blood vessels all over the body and eventually leading to vision, cardiovascular and kidney issues and, over time, death. Type 2 diabetes is most often caused by poor diet—but it can also be reversed with a healthier one, researchers say.

Unfortunately, diabetes hits women over 50 especially hard. Women lose more years to the disease than men do, and though the death rate for men with diabetes has remained fairly stable for more than 50 years, the rate for women has increased significantly. Some of this can be blamed on a lack of access to or equity in health care, but much more is due to the interplay of age, body composition and hormones in the female body. For instance, if you've ever been diagnosed with polycystic ovary syndrome, preeclampsia or gestational diabetes, you're at higher risk of developing diabetes at midlife. Having a family history of diabetes or prediabetes can also up your risk, and some population groups—like Black, Hispanic, Native American, Asian or Pacific Islanders—are seen as especially vulnerable.

But two of the most important risk factors, of course, are being overweight and obesity, putting the prevention of this deadly and debilitating disease squarely in your hands. The trouble is, keeping the weight off after 50 isn't so easy. All women tend to gain weight in the years after menopause, but women who experience early menopause as a result of surgery, such as hysterectomy or oophorectomy, have a higher risk of obesity. Worse, when women gain weight at midlife, we tend to put on more fat around the waistline. Poor sleep and depression make weight gain more likely. Falling estrogen levels also increase insulin resistance.

Your best defense is to be proactive and learn your status. After age 45, you should be tested regularly (at least every three years) for diabetes, especially if you're overweight. Anyone with additional risk factors should get tested more frequently. There are a number of tests your doctor may run, but the most common is a fasting blood sugar test. A level of 99 mg/dL is normal, but 100 to 125 mg/dL indicates

prediabetic, you have two main priorities: Maintain a healthy weight and get active. A ketogenic diet may be an especially good intervention, says science journalist Nina Teicholz, author of the *New York Times* best-seller *The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet*. "The benefits of a low-carb or ketogenic diet that are best supported by clinical trials

to diabetes, heart disease and stroke. The diet was so impactful that many participants were able to reduce or stop their diabetes meds entirely.

That same year, a Consensus Report from the American Diabetes Association acknowledged that low-carbohydrate diets, including those that aim for nutritional ketosis like the keto diet, have been shown to reduce A1C levels. Indeed, the keto diet has an extensive track record

for weight loss according to a 2020 research review published in the *Journal of Nutrition*. That same year, researchers published the first meta-analysis of randomized controlled studies of the effectiveness of a keto diet on weight loss and diabetes risk and found that it was more effective than a low-fat diet.

A ketogenic diet cuts diabetes risk in several ways. For starters, it restricts your carbohydrate intake, so there's less glucose circulating in your bloodstream, which means less circulating insulin and



you may have prediabetes; anything over 125 mg/dL indicates you may have diabetes. If your fasting blood sugar levels are high, your doctor will likely order additional tests, including an A1C test or a glucose tolerance test.

The A1C test measures your average blood sugar levels over the past two to three months. A reading under 5.7 is normal, between 5.7 and 6.4 indicates prediabetes, and anything over that indicates diabetes. The glucose tolerance test measures how your body reacts over about three hours, after you drink a beverage containing glucose; it's a measure of insulin resistance. A blood sugar level of 140 mg/dL or lower after two hours is considered normal, but 140 to 199 mg/dL indicates you have prediabetes, and 200 mg/dL or higher signals you have diabetes.

Once you know what your diabetes status is, you can take steps to improve your prognosis. If you're normal or

One of the strongest benefits of keto is a reduced diabetes risk.

are the ability to put Type 2 diabetes into remission and improve the vast majority of cardiovascular risk factors," Teicholz says.

In one long-term study published in 2019, a ketogenic diet led to an average weight loss of around 10% after two years, plus improved A1C levels, blood pressure and triglycerides. (This level of weight loss is comparable to results from having bariatric surgery.) More than 53% of participants reversed their diabetes, and 27% eliminated their risk of metabolic syndrome: a cluster of conditions, including high blood sugar, blood pressure, triglycerides and cholesterol, that together lead

reduced insulin resistance. In fact, significantly reducing insulin may cause dangerously low blood sugar in people taking certain medications, so it's important to work closely with your doctor when switching to a keto diet.

Secondly, a keto diet helps burn body fat, specifically from the midsection, for energy. The resulting weight- and fat-loss help reduce overall diabetes risk and improve all markers of metabolic syndrome. And finally, a healthful keto diet can radically change your relationship to food, helping you to focus your efforts on finding healthful sources of fats and protein like avocados, tofu and seafood.



Avocados
and walnuts
are healthy
sources of fat.

great bones

Protecting your skeleton is more important than ever, especially when you're following a keto diet.

Strength-training is key.

After you turn 50, it's easy to focus your attention on your outer appearance, but one of the most important changes that occurs at midlife is invisible: Your bones start to weaken.

In general, women's bones are thinner than men's, so we're more prone to breaks at any age. But the decline in estrogen levels that comes with menopause also weakens bones further. In fact, half of postmenopausal women will develop osteoporosis—literally “porous bone”—and most will suffer a fracture. Other symptoms of osteoporosis include back pain, a



carb diets, we know that this diet is safe for weight loss,” says science journalist Nina Teicholz, author of *The Big Fat Surprise*. “The two-year trials do not report any damage to bone health.”

Thankfully, there are many ways to strengthen your bones. Here are some of the most effective:

Be Strong

Any exercise that requires you to lift, push or pull will help stimulate bone growth. That includes lifting weights or using resistance bands, or, in some cases, doing yoga or Pilates. Some studies have shown that walking can also help stave off bone loss.

Take Calcium

“At age 51, the need for calcium increases from 1,000 mg/day to 1,200 mg/day because having less

estrogen decreases calcium absorption by the body,” explains Elizabeth Ward, MS, RD. Some of the best sources of calcium are keto-friendly, like sardines, canned salmon and dairy foods. If you don't love these foods, consider taking a calcium supplement when you eat; the food will help you absorb the mineral.

Get Out

Vitamin D is a crucial nutrient that helps your body absorb calcium, and your body can make all you need from exposure to sunlight. But prolonged sun exposure can also pose a skin cancer risk, so it's a good idea to get

your vitamin D from a variety of other sources, too. Milk is fortified with vitamin D, as are many calcium supplements. If you have celiac disease or inflammatory bowel syndrome, you may be at risk for vitamin D deficiency; talk to your doctor.

Stop Smoking

Smoking harms your bones in several ways: It restricts blood flow to your bones; slows production of bone-building cells; decreases calcium absorption; and affects levels of certain hormones, including estrogen, which protect against bone loss, and calcitonin, which builds bone. Smokers over age 65 are 30% to 40% more likely to break a bone. Add these risks to the long list of other ways smoking is dangerous and the answer is clear: Quitting is a top health priority.

Consider HRT

After menopause, Hormone Replacement Therapy (HRT) or Estrogen Replacement Therapy can protect against bone loss by replenishing declining estrogen, and, in the case of HRT, progesterone. But beware: These therapies are not without risks, so consult with your doctor.



hunchback appearance that gets worse as you age, and height loss.

Some women, especially Caucasian and Asian women, are more susceptible than others, but those most at risk are women with a history of dieting or eating disorders or who experienced early menopause (before age 45), chemotherapy or ovary removal.

Research is mixed on the impact of keto diets on bone health. At least one recent short-term study indicated a detrimental effect, but some experts question its methodology. Other research found little to no effect. “Due to several two-year-long clinical trials on low-



Can Bone Broth Build Bone?

Despite the fact that bone broth is chock-full of collagen and other bone-building vitamins and minerals, there's no research to support the idea that bone broth will protect against bone loss. However, as a low-calorie, sugar-free and protein-rich beverage, it is a great staple to sip (see recipe on page 22).

boost *your* brain

A keto diet may protect against Alzheimer's, but could it also help your everyday memory?



Your mind needs
exercise, too.

As any woman over 50 knows, where brain fog is concerned, the struggle is real. “Brain fog is definitely a real thing, especially in people who are overweight or metabolically unhealthy,” says Chris Palmer, MD, a psychiatrist with the Harvard Medical School whose research involves the ketogenic diet. Not only is there more to remember these days, between career, caregiving and self-care, but your brain is simply not as good at keeping track of it all. Research shows that as women approach menopause, they perform more poorly on verbal memory, aspects of executive function and processing speed. And brain-imaging studies show that the brains of midlife women have to work harder to accomplish simple cognitive tasks like remembering where their car is parked.

Two-thirds of Alzheimer’s disease patients are women, and studies show that hormone replacement therapy can reduce the risk of this disease by as much as 29%. Though researchers aren’t sure how hormone therapies work to protect the brain from disease, they do know that the female brain is packed with estrogen receptors and can make estrogen on its own if needed, so clearly there is a connection.

Researchers are also beginning to unravel the protection conferred by ketogenic diets against other brain disorders. For decades, the diet has been used successfully to treat epilepsy, leading many experts, including Palmer, to investigate further. “The ketogenic diet impacts neurotransmitters, reduces inflammation, reduces insulin resistance, provides an alternate source of fuel (ketones) to insulin-resistant brain cells and increases metabolism overall,” he explains. “All of these effects and others may very well have beneficial effects for people with brain disorders.”

A research review published in 2019 indicated that the diet may be useful in treating traumatic brain injuries, aggressive brain tumors and stroke. Another paper published in *Epilepsy Research* in 2020 reviewed animal and human research findings that a ketogenic diet could reduce inflammation associated with multiple sclerosis, Parkinson’s disease and spinal cord injuries. And a third review published in 2021 noted that “the ketogenic diet has shown promise in regard to delay or mitigation of symptoms of cognitive decline.”

The potential implications for brain health are huge. “The ketogenic diet is being studied in the treatment of depression, schizophrenia, bipolar disorder, Alzheimer’s disease and even



alcoholism and opioid addiction,” says Palmer. “But we don’t yet have large controlled trials in psychiatric patients, so people should not attempt to treat these illnesses on their own.”

One especially promising theory comes down to energy metabolism. As your brain cells switch from using glucose for energy to fueling with fat, they actually create more mitochondria—the energy factories within. More mitochondria means faster processing and, as a result, better protection against the effects of aging. However, most of this research has either been conducted on animals or in humans diagnosed with a specific brain functioning impairment. And despite how real it feels when it happens, midlife brain fog isn’t, in and of itself, an exact diagnosis, nor is it necessarily indicative of disease. Still, there is anecdotal evidence that keto dieters start to feel “sharper” and more energetic after a few weeks. And given that the ketogenic diet is safe when executed healthfully, what have you got to lose? Except, of course, maybe a few unwanted pounds.

↓ 3 Keto-Friendly Brain-Boosters

Omega-3s

Found mainly in seafood, but also in walnuts and flaxseed, these polyunsaturated fats reduce inflammation.

Choline

This key nutrient helps facilitate brain messaging and is required to make acetylcholine, a neurotransmitter involved in memory, muscle movement and other basic functions. It’s found in beef liver, eggs and cod.

Vitamin B12

It supports normal nerve function and synthesis of serotonin, a mood-regulating brain chemical; it’s also critical for energy production and healthy skin, hair and nails. Get it from meat, dairy, eggs and seafood.





section

3

keto for life

*Smart strategies to make the diet
work with your daily routine.*

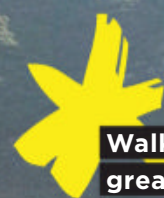
walk *the* weight off

*This four-week plan can help you drop
pounds fast with simple strides.*

by Michele Stanten

Life doesn't happen at a nice, steady pace—and neither should your walks. Unfortunately, too many walkers are stuck in first gear, strolling at the same comfortable speed day after day, as they walk their dogs or catch up with friends. Although you'll reap health benefits any time you get moving, if weight loss is your goal, shifting gears will speed up the results.

In one study of overweight, middle-age women, those who replaced three moderately paced walks per week with faster ones lost more weight than women who stuck with five moderately paced walks a week. The power walkers lost 70% more weight than the moderate walkers—8 pounds versus 4.5 pounds—during the 16-week study. The power walkers also shed twice as much body fat, four times more inches off their waistlines and five times as much belly fat.



**Walking is a
great way
to boost
your results.**



Picking up the pace also amplifies the many benefits that walking offers. For example, faster walkers have triple the protection against having a heart attack and greater improvements in HDL (good) cholesterol. Their bones may be stronger, too. As you increase speed, impact—which stimulates your bones to get stronger—also increases. But even with this increase, walking remains a low-impact, joint-friendly workout.

One of the easiest ways to add fat-blasting speed to your walks is with intervals—alternating short bursts of high-intensity activity such as fast walking with longer or equal length recovery intervals of low- to moderate-intensity activity such as slower walking. This type of training has been shown to improve cardiovascular fitness faster, burn more calories and increase fat burning, compared to exercising at the same moderate intensity level for your entire workout.

When people with diabetes tried interval walking for four months, they lost six times more weight—9.5 versus 1.5 pounds—and shed more belly fat than people with diabetes who didn't vary their walking speed, according to a Danish study. The interval walkers also had better blood sugar levels and increased their cardio fitness by 16% while steady-paced walkers showed no improvement.

Here's a four-week plan plus techniques to ramp up your walking and maximize your weight loss. Combine it with the strength training workout (see page 56) and you'll look more toned and burn more fat.



 This plan can be done on a treadmill, too.

4-Week Walking Plan

Start each walk by warming up at an easy to moderate pace for five minutes and finish with five minutes of easy walking to cool down. (The recommended walking times in the chart do not include the warm-up and cool-down.)

1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	15 min	9 min	15 min	9 min	15 min	15 min	30 min
	Brisk walk	Interval walk	Brisk walk	Interval walk	Short moderate walk (or rest day)	Fast walk	Long moderate walk

2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	20 min	15 min	20 min	15 min	15 min	15 min	45 min
	Brisk walk	Interval walk	Brisk walk	Interval walk	Short moderate walk (or rest day)	Fast walk	Long moderate walk

3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	30 min	21 min	30 min	21 min	20 min	15 min	60 min
	Brisk walk	Interval walk	Brisk walk	Interval walk	Short moderate walk (or rest day)	Fast walk	Long moderate walk

4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	45 min	27 min	45 min	27 min	20 min	15 min	60 min
	Brisk walk	Interval walk	Brisk walk	Interval walk	Short moderate walk (or rest day)	Fast walk	Long moderate walk

BRISK WALK

Walk as if you're in a bit of a hurry. Speaking in complete sentences is a little difficult. You can still do it, but you need to take more breaths. Never push yourself to the point that you cannot speak.

INTERVAL WALK

Alternate 1-minute bouts of fast walking (you can speak only a few words at a time) with 2-minute intervals of moderate/brisk walking to recover. Repeat for the recommended amount of time.

MODERATE WALK

Walk at a purposeful pace, like you have somewhere to get to, for the recommended amount of time. Your breathing may be more noticeable, but you should have no problem carrying on a conversation.

FAST WALK

Walk as quickly as you can for 15 minutes. Don't push yourself too hard; you should be able to speak a few words as you walk. Note how far you got so you can try to beat your distance next week.



You don't need a lot of equipment.



3 Ways to Pick Up the Pace

You can hit top speeds more easily by adding some technique to your walking form.

Bend Your Arms You don't run with your arms down at your sides. So, if you want to walk faster, bend your arms about 90 degrees and keep them close to your body. If your arms are moving in any other direction than forward or back, you're less aerodynamic and it can slow you down. Don't let your arms swing across your body or wing out to the sides. Instead, think of your arms skimming the sides of your body, moving from about chest height back to your hip.

Stop Overstriding The first thing most people do when they try to walk faster is to take bigger steps by reaching their leg way out in front of themselves. But instead of going faster, overstriding actually slows you down because at that angle the front foot acts like a brake. In this position, your center of mass is way behind your front foot and you have to work harder to pull your body weight over your front leg. And the bigger your steps, the more up and down motion you tend to get, which just wastes energy in directions that you don't want to go. When you land your front foot closer to your body, you have a smoother stride. It's easier to propel your body forward so you move faster.

Land on Your Heel This facilitates the heel-to-toe walking motion that will carry you farther and faster than if your foot slaps down on the ground with each step. Your heel should be the first contact with the ground as you step forward. Then roll through the foot. Your heel will peel off the ground as you come onto the ball of your foot and your toes to push off into your next step.



Strength Training for Walkers

Strong legs and a strong core will help power your stride. Do this workout two or three times a week on alternate days. Complete one to three sets of each exercise.

Squat and Lift Stand with your feet about a shoulder-width apart and arms relaxed. Bend your hips and knees, lowering yourself as if you are sitting into a chair. Shift your weight into your heels and raise your arms out in front of you as you lower down. Stop before your hips are in line with your knees. Hold for a second. Press into your heels and stand back up. As you come up, lift your heels as high as possible. Hold for a second. Lower your heels. Do 8 to 12 reps per set.

Bent-Over Row Place your left hand and left knee on a chair. Hold a dumbbell in your right hand with your arm hanging straight beneath your shoulder. Bend your elbow and pull the dumbbell up toward your chest, keeping your arm in toward your body and your elbow pointing toward the ceiling. Hold for a second. Slowly lower the dumbbell. One set equals 8 to 12 reps with each arm.

Bridge Lie on the floor on your back with knees bent and feet flat on the floor, arms at your sides. Contract your abdominals and buttocks and lift your hips and back off the floor so your body is in line from your shoulders to your knees. Hold for a second. Slowly lower. Do 8 to 12 reps per set.

Kneeling Push-up Assume a tabletop position with hands directly beneath your shoulders. Bend your elbows out to the sides and lower your chest almost to the floor. Hold for a second. Press back up. Do 8 to 12 reps per set. (For a greater challenge, do full push-ups on your toes.)



Push-ups strengthen your upper body and your core.

**Strong muscles
will help you
walk both faster
and longer.**



write this way

*A food journal
can help you
stay on track
throughout your
keto journey.*

Congratulations on deciding to change your diet and your lifestyle, exercise more often and devote more effort to your overall well-being! One way to make sure all of these positive changes stick is to adopt a daily food diary and weekly journal practice. Putting pen to paper can help you stay in ketosis, track your progress, hold yourself accountable, break through emotional roadblocks and discover strategies to help overcome everyday challenges. Researchers also say a daily journaling practice may help reduce stress, ward off depression and anxiety, process trauma, improve decision-making and boost immunity.

If you're already tracking your macronutrients with a mobile app on your smartphone, you're halfway there. Studies show that people who track

committing
to a journal
practice is a smart
way to ensure
you achieve all
your goals.



their food intake are more likely to lose more weight and keep it off longer than those who don't track their intake. In fact, one study of nearly 1,700 people found that keeping a food diary can double weight loss. A key benefit of an electronic food diary for keto dieters, of course, is to ensure that your macronutrient levels are balanced sufficiently to maintain ketosis. An app can also help you structure each meal to ensure you aren't eating too many carbohydrates or too little fat.

There are a few things you can do to make a food diary more effective. The first two are consistency and accuracy. Input your meals within 15 minutes of eating them so you can be more accurate about portion sizes and side ingredients like condiments. You may also want to be more comprehensive with your diary by tracking your fluid intake, workouts, how hungry you are prior to and after each meal and what

emotions you felt before and after eating. When examined over the course of several days or weeks, your records can reveal patterns of behavior or mood that help and hinder your progress. Your diary can also reveal foods you tend to overeat or times of the day when you're more likely to snack. A bonus for women over 50: This can also help you identify foods that may trigger symptoms like hot flashes.

Once you've mastered daily food tracking, kick your journaling practice up a notch by adding a short stint of expressive writing once or twice a week, or whatever works with your schedule. Expressive writing involves

committing to writing whatever you want for a minimum of 10 minutes at a time, but no longer than 15. For best results, set a timer and don't use a computer. Instead, use an actual writing utensil and piece of paper. Write freely and don't bother to check spelling or grammar. Resist the urge to critique or judge your writing; in fact, most of the time, you can feel free to discard or destroy whatever you write. That's because the most important part of this practice is the actual pressing of pen to paper, as well as the free flow of information from your mind to the page. In other words, what you write isn't as important as how you write.

Expressive writing can help you process strong emotions and fears.



If you find that the same themes keep emerging, take note of these thoughts and consider their relevance to your weight loss-journey. Sometimes, your writing can reveal deep-seated emotions or, in some cases, real trauma that you'll want to examine more closely. Having trouble writing about, well, anything? Try writing about the things you value the most, like close relationships, music or religion. One small study found that women who wrote about their personal values lost weight over the course of four months while those who didn't write anything actually gained pounds. The researchers speculated that the act of writing about things that enriched their lives made the study participants focus more on their health and well-being, which translated to healthier eating and exercise habits. In effect, writing about positive elements in one's life can set off a chain reaction that results in—you guessed it—more positive changes in one's life.



always try

to record your
meals within 15
minutes of eating to
ensure accuracy.

Be careful
of high-carb
beverages.

rethink your drink

*Keep calories
low and hydration
high with
keto-friendly sips.*

Hydration is important for everyone, but it's especially key for women over 50 who are leading a fairly active lifestyle. As we age, our bodies become less able to regulate body temperature during exercise, which can result in greater strain on your heart. Staying properly hydrated helps protect against this. And while you're on a ketogenic diet, getting enough fluids is vital for keeping the keto flu at bay and protecting against dehydration. But not all beverages are created equal. Keto dieters should avoid fruit juices, sodas and other sweetened beverages and stick with water or some of these drinks instead:



**Some teas
can protect
against cancer.**

Teas

White, green and black teas are carbohydrate-free. All come from the same plant, but they get their color and flavor with age: White teas are made from the youngest of leaf sprouts, yielding a sweet taste; green teas are mature leaves that are dried, yielding a more herbal flavor; and black teas are mature leaves that have been dried and fermented, developing a slightly more bitter essence. A fourth variety, oolong, is a partially oxidized tea that is traditional in China and Taiwan. Green tea contains a compound called epigallocatechin gallate, or EGCG, which is a potent antioxidant that may prevent heart disease and cancer. Black teas are often flavored to create different blends; Earl Grey, for instance, is flavored with bergamot, and chai is flavored with a variety of spices.

Coffee

Americans drink more coffee than soda, tea and juice combined—and it's not just for the energy boost. Coffee improves brain functioning, specifically memory and reaction times. It may also help boost your metabolic rate anywhere from 3% to 11% and can stimulate fat-burning. Have a cup before a workout, and it will improve your performance. Become a regular coffee drinker, and your risk of diabetes may decrease by up to 50%. Heavy coffee drinkers also have a 65% lower risk of Alzheimer's disease. Coffee



**Coffee boosts
fat-burning.**

may also improve your mood and ward off the blues; one Harvard study found that women who drank four or more cups per day had a 20% lower risk of depression. It's true that coffee can raise your blood pressure, and some of us are more susceptible to this effect than others, but the research shows that coffee drinking doesn't appear to put your heart at risk.

Non-Alcoholic Spirits

Thanks to a rise in "sober-curiosity," there are now many keto-friendly options in the mocktail-mixer market.



Sober-curious? Check out keto-friendly sips like spritzers and fizzes.

Some are created to mimic the flavor of traditional alcoholic spirits, but others are meant to be drunk on their own or to serve as the star of a mocktail. A few of the best known are from Seedlip (seedlipdrinks.com), a London-based company that offers three distilled sugar-free and alcohol-free spirits. Spice 94 contains flavors of cardamom, allspice and orange; Garden 108 is a herbaceous blend with hints of rosemary, thyme and mint; and Grove 42 is seasoned with lemongrass, ginger and citrus. All are delightful served over ice with a splash of plain seltzer and a twist. Southern California-based Monday (drinkmonday.co) offers zero alcohol (and zero carb, sugar and calories) versions of mezcal, whiskey and gin that work well with low-sugar mixers. Ritual (ritualzeroproof.com) makes alternative rum, gin, whiskey and tequila. Though these aren't sugar-free, they contain fewer than 2 grams of carbs per serving.

Alcoholic Drinks

Your body can make ketones from alcohol, but drinking alcohol may slow fat-burning. Because alcohol is perceived by your body as a toxin, your liver processes it first, leaving the fat on your body and in your food for another time. What's more, some drinks contain more carbohydrates than others, so it's important to choose lower-carb drinks if you're going to splurge. For starters, avoid cocktails made with fruit juices, syrups or other sweeteners. Instead, choose reduced-carbohydrate beer, low-sugar wines, and hard liquors like vodka, tequila and whiskey. Mix hard liquors with plain seltzer and perhaps a twist of lemon or lime if you'd like.

Keep in mind that the potential for a hangover can be higher when you're in ketosis because of the possibility of more rapid intoxication and dehydration. Consider also that drinking alcohol may make it harder to restrict foods you'd otherwise avoid on a ketogenic diet. Bottom line: Alcohol is OK on keto, but keep it to a minimum.



**Cocktails
can be keto-
friendly—in
moderation.**





no-cook keto

*What to eat when
you're sick of spending
time in the kitchen.*

Starting a new diet usually involves cooking a lot more, especially if you're intent on eating whole unprocessed foods as often as possible. But let's face it: All that work in the kitchen can be a real time-suck, between buying and prepping the ingredients, the actual cooking and then, of course, the cleanup.

Thankfully, a new crop of meal-kit and other services that offer "clean keto" dishes by subscription have popped up as the keto diet has become more popular. These services reduce the mental load of planning a weekly

menu and making sure you have all the ingredients on hand, but they also breathe new energy into your keto lifestyle, introducing you to new flavor combinations and preparations that you can reuse with other foods. Even better, the ingredients or prepared dishes are usually pre-portioned, so there's little waste and minimal clean-up.

Here, a few of the best options, plus a list of keto-friendly restaurants for when cooking isn't going to cut it.

Green Chef

This certified-organic company offers a variety of meal-kit plans, including Keto + Paleo, Lower-Carb and Fast & Fit, plus different box sizes serving two,

four or six people. The Keto + Paleo plan costs \$12.99 per meal. Each chef-created meal arrives with premeasured and prepped ingredients, and premade sauces, marinades and spice blends, plus instructions for putting it all together in about 30 minutes. Everything comes in recyclable, reusable or compostable packaging, and Green Chef delivers to all states except Hawaii, Alaska and parts of Louisiana. A recent menu included Creamy Turkey Bolognese with spaghetti squash, zucchini, Parmesan and hazelnuts and Pecan-Crusted Sockeye Salmon served with creamy kale and shallots and roasted carrots. greenchef.com

Some low-carb options don't provide enough fat to be keto-friendly.

Trifecta Nutrition

Organic ingredients, sustainably caught seafood and grass-fed meats are the stars of Trifecta's chef-developed fresh vacuum-sealed dishes. Meals ship free to all 50 states in recyclable packaging and can be stored in the fridge until you're ready to eat them (they'll keep for up to 10 days). Some reviewers have noted that certain dishes can be high in sodium, so if that's a concern, you may want to take extra care when choosing meals. For one meal per day, you'll pay about \$111 per week, but you can order plans that provide as many as four meals a day. A recent meal lineup included Grilled Salmon with Pesto and sauteed veggies, Beanless Chili Con Carne and a Turkey Bacon Cheddar Frittata. Trifecta also offers a handy app that helps you track your food intake, share your success and struggles with fellow users and, for a monthly charge, provides workouts. trifectanutrition.com

Factor

This company offers menus for a variety of diets, but its keto-friendly dishes are especially tasty. The meals are designed by registered dietitians, prepared by gourmet chefs and delivered fresh; just heat them in the oven or microwave. Each one derives 60% to 80% of its calories from fat and 5% to 15% of its calories from carbs. All dishes are free of hormones, antibiotics, refined sugars and GMOs. Factor's innovative packaging allow meals to stay fresh in the fridge for a full seven days until your next delivery arrives. Like other services, Factor offers a variety of plan options, so you can order anywhere from six to 12 meals a week. Prices range from \$11 to \$15. Menu options include Indian Butter Chicken with Cilantro Lime Cauliflower Rice and Keto Poblano Bowl with Roasted Broccoli Rice and Scallion Sour Cream. factor75.com



Dine-Out Keto

Restaurant meals are notoriously difficult to fit into any diet, and the ketogenic diet is no exception. In general, most restaurant meals that seem keto-friendly at first turn out to be too high in protein or carbohydrates, and sauces can be hidden sources of sugar and starch. Simple requests like getting sauces and dressings on the side, skipping the bread basket and dessert cart, substituting nonstarchy vegetables or cauliflower rice for potatoes or pasta, and ordering additional butter or avocado can help you to keep your macronutrient level under control, no matter where you are.

Here are some smart keto-friendly orders at a few of the more popular chain restaurants:

Applebee's

Grilled chicken with a side of broccoli or roasted vegetables

The Cheesecake Factory

Pan-Seared Branzino With Lemon Butter

Chili's

Beef sirloin steak with broccoli

Chipotle Keto Bowl with crispy super greens, chicken, salsa and guac.

Olive Garden

Herb-Grilled Salmon

Shake Shack

Burgers in lettuce wraps





section

4



keto recipes

Delicious dishes that work for every meal of every day.

*Start every
morning off in the healthiest
way with one of these
nutrient-packed recipes.*

energiz breakfasts



ing

Everything Bagels ◀

“There are a million low-carb bagel recipes out there, but I find that using flaxseed meal really makes these special,” says Suzanne Ryan, who created the blog ketokarma.com after losing 120 pounds on a keto diet. “Not only is flaxseed full of omega-3 fatty acids and fiber, but it also really changes the texture of these bagels to become more ‘bread-like’ than other keto bagels I’ve tried.” These bagels will keep up to 3 days in an airtight container in the refrigerator, or up to 6 months in the freezer.

Servings: 6 bagels

Start to Finish: 25 minutes
(10 minutes active)

These
bagels
are flavored with
tangy cream cheese
and salty cheddar
cheese.

INGREDIENTS

- 3 cups shredded low-moisture mozzarella cheese
- 2 ounces cream cheese, cubed
- 1½ cups almond flour
- ¼ cup flaxseed meal
- 1 tablespoon baking powder
- 1 pinch salt
- 3 large eggs, divided
- 2 tablespoons everything-bagel seasoning mix

INSTRUCTIONS

1. Preheat oven to 400 F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a microwave-safe bowl, combine mozzarella and cream cheese; microwave on high for 2 minutes. Stir; microwave on high for 1 additional minute. Stir until combined.
3. In a large bowl, whisk together almond flour, flaxseed meal, baking powder and salt. Fold in cheese mixture and 2 eggs; knead with your hands until dough comes together and feels smooth. Divide into 6 equal portions; form each portion into a ½-inch-thick disk.
4. Using your finger, poke a hole in center of each disk; mold to form a bagel shape. Place bagels on prepared baking sheet.
5. In a small bowl, whisk remaining egg. Brush each bagel with egg wash; sprinkle evenly with seasoning mix. Bake 12 minutes, or until golden brown.

NUTRITION INFO (per serving):

Calories 426; Fat 33g; Protein 23g; Carbs 10g; Fiber 5g;
Net Carbs 5g

(Recipe courtesy of S. Ryan,
ketokarma.com)

Keep a batch
of these delicious
scones
in the freezer
for an instant
anytime snack.



Lemon Blueberry Scones ◀

“These scones are hands down my favorite recipe to make on a Saturday morning with my daughter,” says Ryan. “They’re flaky and buttery and have the most amazing flavor, with just the right amount of sweetness.” If you don’t want to bake the whole batch at once, just bake what you want after you slice the dough into six wedges. Wrap the leftover wedges in plastic wrap and aluminum foil and freeze for up to two months. You can bake the frozen dough wedges straight from the freezer, per the original recipe, but add 3 to 5 minutes to the baking time.

Servings: 6 scones

Start to Finish: 40 minutes

(15 minutes active)

INGREDIENTS

- 1¼ cups almond flour
- 3 tablespoons granulated sugar substitute (such as Swerve)
- 1½ teaspoons baking powder
- ⅛ teaspoon salt
- Grated zest of 1 lemon
- ¼ cup whole-milk reduced-carbohydrate ricotta cheese
- 1 large egg
- 1 teaspoon freshly squeezed lemon juice
- 2 ounces fresh blueberries (about ⅓ cup)

INSTRUCTIONS

1. Preheat oven to 325 F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine flour, sweetener, baking powder, salt and lemon zest.
3. Spoon ricotta in center of 2 layers of cheesecloth or a clean, thin kitchen towel. Gather up sides and wring out excess liquid. Add strained ricotta, egg and lemon juice to dry ingredients, then fold in until fully incorporated. Gently fold in blueberries.
4. Form dough into a large ball; place on baking sheet. Flatten to a 6-inch disk. Slice into 6 even wedges, then separate the scones and arrange them, evenly spaced, on baking sheet.

5. Bake 20 to 23 minutes, or until lightly golden brown on top. Transfer scones to a wire rack; they will firm as they cool.

6. Once scones are completely cooled, store in an airtight container on the counter for up to 48 hours or in the fridge for up to 1 week.

NUTRITION INFO (per scone):

Calories 179; Fat 15g; Protein 7g; Carbs 12g; Fiber 3g; Net Carbs 9g

(Recipe courtesy of S. Ryan, ketokarma.com)

Sheet-Pan Breakfast ▼

This one-pan breakfast is perfect for when you have company, says Carolyn Ketchum, founder of the blog alldayidreamaboutfood.com. It’s also dairy-free, so it’s a good Paleo option.

Servings: 6

Start to Finish: 45 minutes

(15 minutes active)

INGREDIENTS

- 12 ounces radishes, quartered
- ½ pound Brussels sprouts, trimmed and quartered
- 6 ounces breakfast sausage links, sliced
- 6 slices bacon, chopped

- ¼ cup chopped onion
- ½ teaspoon garlic powder
- Salt and freshly ground black pepper
- 2 tablespoons butter or coconut oil, melted
- 6 large eggs

INSTRUCTIONS

1. Preheat oven to 400 F. Lightly grease a rimmed baking sheet.
2. Spread radishes, Brussels sprouts, sausage, bacon and onion on sheet. Sprinkle with garlic powder, salt and pepper. Drizzle with butter or oil; toss well, then spread the mixture out into an even layer.
3. Bake 15 to 20 minutes, or until radishes and sprouts are nearly tender.
4. Leave oven on; remove sheet from oven and make six indentations or wells in the vegetables to hold eggs.
5. Crack eggs into wells; gently return sheet to oven. Bake 5 minutes more, or until the eggs are set to your liking.

NUTRITION INFO (per serving):

Calories 341; Fat 25g; Protein 16g; Carbs 7g; Fiber 3g; Net Carbs 4g

(Recipe courtesy of C. Ketchum, alldayidreamaboutfood.com)





To make these *crepes* savory, simply omit the sugar substitutes; fill with cheese.

Make ahead
and store in
the fridge.

Almond Flour Crepes ▲

This is one of those recipes that will help you turn the keto diet into a lifestyle, says Ketchum, who switched to a low-carb diet after developing gestational diabetes during her third pregnancy.

Servings: 8

Start to Finish: 35 minutes
(5 minutes active)

INGREDIENTS

- 4 ounces cream cheese, softened
- 4 large eggs
- $\frac{3}{4}$ cup almond flour
- 2 tablespoons granulated sugar substitute (such as Swerve)
- $\frac{1}{4}$ cup unsweetened almond milk
- Pinch salt
- Oil or butter for the pan

INSTRUCTIONS

1. Line a large baking sheet with parchment paper.
2. In a blender, combine cream cheese, eggs, almond flour, sweetener, almond milk and salt. Puree until smooth. Let rest 5 minutes.
3. Meanwhile, in a 10-inch skillet over medium-low heat, add just enough oil or butter to lightly coat.
4. When oil is hot, add a few tablespoons of batter to skillet and swirl or spread into a thin layer that reaches the skillet's edges. Cook until edges are cooked. Flip and cook on the other side until lightly browned.
5. Remove and place on prepared baking sheet; make remaining crepes in the same manner. Layer another

piece of parchment on top of the first set of crepes as needed.

NUTRITION INFO

(per serving):

Calories 158; Fat 13g; Protein 6g;

Carbs 3g; Fiber 1g; Net Carbs 2g

(Recipe courtesy of C. Ketchum, alldayidreamaboutfood.com)

Walnut Coffee Cake ▼

This bakery-style confection has a sweet and crunchy cinnamon-walnut swirl. "It's an amazing low-carb, sugar-free brunch treat," says Ketchum.

Servings: 20

Start to Finish: 1 hour 15 minutes
(20 minutes active)

INGREDIENTS

- $\frac{3}{4}$ cup chopped walnuts
- $\frac{1}{3}$ cup brown sugar substitute (such as Swerve)
- 1 tablespoon ground cinnamon
- $2\frac{3}{4}$ cups almond flour
- 6 tablespoons coconut flour
- 6 tablespoons whey protein powder (or egg-white protein powder)
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup butter, softened
- $\frac{3}{4}$ cup granulated sugar substitute (such as Swerve)
- 6 large eggs, at room temperature
- 1 tablespoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 F. Thoroughly grease a 9-inch tube or angel-food cake pan. Line bottom with parchment paper (see Note, below).
2. In a medium bowl, whisk together walnuts, brown sweetener and cinnamon. Set aside.
3. In a large bowl, whisk together almond flour, coconut flour, protein powder, baking powder and salt.
4. Using an electric mixer, beat butter with granulated sweetener until light and fluffy, about 2 minutes. Beat in eggs one at a time, then beat in vanilla.

5. Gradually beat in the flour mixture until it's well combined, then beat in $\frac{3}{4}$ cup water. The batter should be scoopable and spreadable but not quite pourable. (If it's too thick, beat in $\frac{1}{4}$ cup water.)

6. Spread about half of the batter in prepared pan; sprinkle with half of the walnut mixture. Spread remaining batter in pan; sprinkle with remaining walnut mixture.

7. Bake 45 to 55 minutes, until golden brown and a tester inserted in center comes out clean.

8. Let cool in the pan on a wire rack, then run a sharp knife just around edges to loosen. Transfer to a plate.

NOTE To line the tube pan, cut a 9-inch circle of parchment paper. Fold in half twice to form a cone. Cut enough off the tip so that when it is opened, it fits over the center of the tube pan.

NUTRITION INFO (per serving):
Calories 221; Fat 18g; Protein 8g;
Carbs 6g; Fiber 3g; Net Carbs 3g
(Recipe courtesy of C. Ketchum,
alldayidreamaboutfood.com)

Mixed Berry Granola ►

This granola, speckled with five different nuts and seeds, plus berries, packs in plenty of flavor, not to mention lots of healthy fiber and unsaturated fat. Try eating it with a little cream or almond milk.

Servings: 9

Start to Finish: 45 minutes
(15 minutes active)

INGREDIENTS

- $\frac{1}{2}$ cup raw almonds
- $\frac{1}{2}$ cup raw shelled pecans
- $\frac{1}{2}$ cup raw walnut halves
- $\frac{1}{2}$ cup unsweetened flaked coconut
- $\frac{1}{4}$ cup raw, shelled pumpkin seeds
- $\frac{1}{4}$ cup raw, shelled sunflower seeds
- $\frac{1}{3}$ cup granulated sugar substitute (such as Swerve)
- 6 tablespoons butter, melted
- 4 drops sugar-free blueberry flavoring (such as One on One Flavors)



- 4 drops sugar-free strawberry flavoring (such as One on One Flavors)
- $\frac{1}{2}$ cup freeze-dried berries

INSTRUCTIONS

1. Preheat oven to 325 F. Line a large rimmed baking sheet with parchment paper.
2. In the container of a food processor, add almonds, pecans, walnuts, coconut and seeds; pulse until mixture resembles coarse crumbs with some larger pieces.
3. Transfer to a large bowl. Stir in sweetener and butter. Add the berry flavorings; stir to combine. Spread mixture evenly on prepared baking sheet. Top with another piece of parchment or waxed paper and press down firmly to flatten it and to help it stick together. Remove top parchment or wax paper.
4. Bake 15 minutes; remove and turn off oven. Stir granola, moving the edge parts toward the center and the center parts toward the edges so that it cooks evenly. Top with parchment again and press down to flatten; remove parchment paper.
5. Return sheet to warm oven for another 10 to 15 minutes, then remove, stir and flatten once more.
6. Let cool completely on sheet; use hands to break into small pieces.
7. Use fingers to slightly crumble berries; stir into granola.

NUTRITION INFO (per serving):
Calories 298; Fat 27g; Protein 7g;
Carbs 8g; Fiber 3g; Net Carbs 5g
(Recipe courtesy of C. Ketchum,
alldayidreamaboutfood.com)





salmon

is packed with
heart-healthy
polyunsaturated
fats.

easy everyday lunches

These make-ahead and quick-fix meals are simple to prepare and will keep afternoon cravings at bay.

Greek Salmon Salad ◀

To get a crisp crust on the fish, make sure it's at room temperature and dry it well before cooking.

Servings: 4

Start to Finish: 20 minutes
(10 minutes active)

INGREDIENTS

Salmon

- 1 pound salmon fillet, cut into 4 equal fillets, at room temperature
- Salt and freshly ground black pepper
- 1 tablespoon olive oil
- Juice of 1 lemon

Vinaigrette

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 clove garlic, minced

- ½ teaspoon dried oregano
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Salad

- 2 cups cherry tomatoes, halved
- 2 cups chopped seedless cucumber
- ½ cup sliced red onion
- 4 ounces feta cheese, crumbled
- ½ cup pitted kalamata olives
- 4 cups chopped romaine lettuce

INSTRUCTIONS

1. Using a paper towel, pat salmon dry; season with salt and pepper.
2. In a large nonstick skillet over medium-high heat, heat oil. Add salmon, skin-side up; press down slightly so it has full contact with skillet.

3. Cook undisturbed, 4 minutes, or until fish releases easily from skillet. Flip and cook 2 minutes more or until salmon flakes easily with a fork. Transfer to a shallow plate; drizzle with lemon juice.

4. Meanwhile, make vinaigrette: In a small bowl, whisk together vinaigrette ingredients until emulsified.
5. To make salad, in a medium bowl, gently toss tomatoes, cucumbers and onion. Drizzle with vinaigrette; toss to coat. Gently stir in feta and olives.
6. Divide romaine evenly between 4 serving plates. Top with salad mixture and 1 salmon fillet..

NUTRITION INFO (per serving):

Calories 457; Fat 33g; Protein 31g; Carbs 11g; Fiber 3g; Net Carbs 8g
(Recipe courtesy of Christy Denney, the-girl-who-ate-everything.com)



This pizza is quicker than delivery.

Skillet Pizza ▲

This easy-to-make dish has all the flavors of a traditional pepperoni pizza but without the crust, and will satisfy your lunchtime cravings.

Servings: 4

Start to Finish: 15 minutes
(10 minutes active)

INGREDIENTS

- 20 ounces Italian turkey sausage, casings removed, crumbled
- 1 (10-ounce) package frozen riced cauliflower or riced mixed cauliflower and broccoli
- 1 cup pizza sauce (such as Rao's)
- 1 ounce sliced pepperoni (about 17 slices)
- ½ cup shredded whole-milk mozzarella cheese

INSTRUCTIONS

1. In a large skillet over medium heat, cook sausage until browned, about 8 minutes.
2. Stir in cauliflower; cook, stirring, until tender. Stir in pizza sauce.
3. Top evenly with pepperoni and mozzarella. Cover and cook until cheese is melted.

NUTRITION INFO (per serving):

Calories 382; Fat 23g; Protein 29g; Carbs 7g; Fiber 2g; Net Carbs 5g
(Recipe courtesy of Christy Denney, the-girl-who-ate-everything.com)

Egg Roll in a Bowl ►

This one-pan dish is ready in just 15 minutes. Packed with protein and flavor, it can be made with ground pork, beef or even chicken.

Servings: 4

Start to Finish: 15 minutes
(5 minutes active)

INGREDIENTS

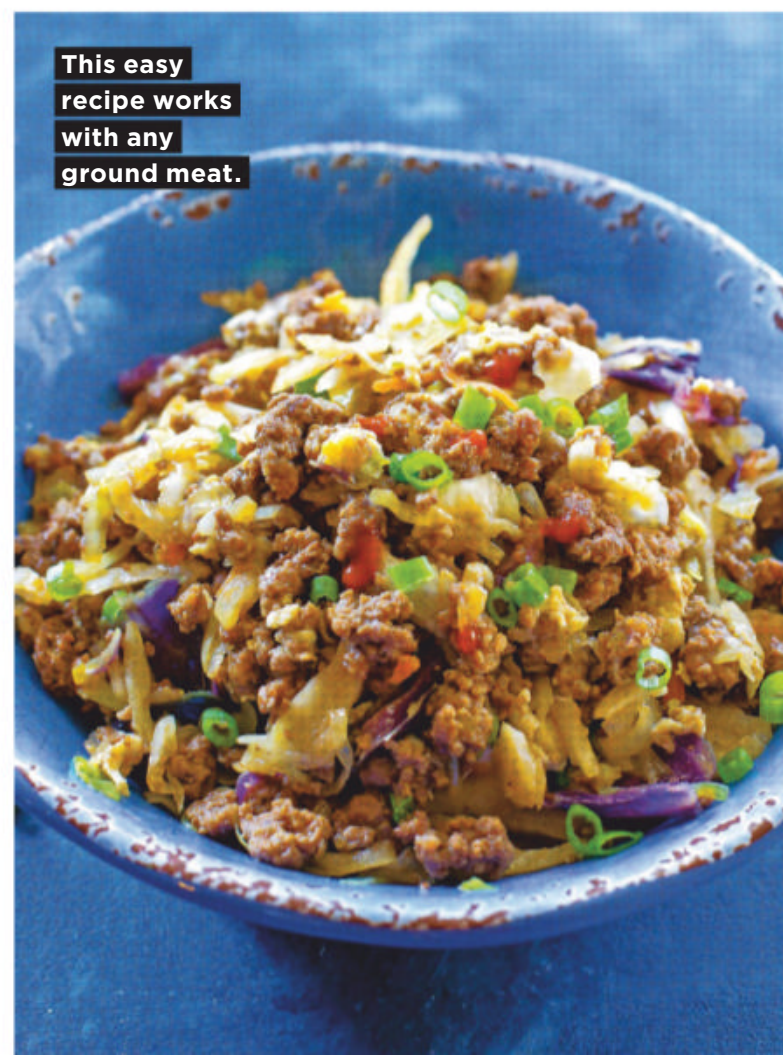
- 1 pound ground pork, beef or chicken
- 1 teaspoon minced fresh garlic
- 14 ounces shredded cabbage or coleslaw mix
- ¼ cup low-sodium soy sauce (or liquid aminos)
- 1 teaspoon ground ginger
- 1 large egg
- 2 teaspoon Sriracha sauce
- 1 tablespoon sesame oil
- 2 tablespoons sliced scallions

INSTRUCTIONS

1. In a large nonstick skillet over medium heat, brown meat. Add garlic and cook, stirring, for 30 seconds.
2. Add cabbage or slaw mix, soy sauce and ginger; increase heat to high and cook, stirring, until tender.
3. Make a well in the center of meat-cabbage mixture; reduce heat to low. Crack egg into well. Using a fork, scramble until cooked through; stir into meat-cabbage mixture.
4. Stir in Sriracha. Drizzle with sesame oil and sprinkle with scallions.

NUTRITION INFO (per serving):

Calories 331; Fat 23g; Protein 24g; Carbs 5g; Fiber 2g; Net Carbs 3g
(Recipe courtesy of Christy Denney, the-girl-who-ate-everything.com)



This easy recipe works with any ground meat.

Crispy Pork Carnitas ►

Serve this flavorful recipe over cauliflower rice.

Servings: 12

Start to Finish: 1 hour 10 minutes
(10 minutes active)

INGREDIENTS

- 1 boneless pork shoulder or butt (about 7 pounds), trimmed of fat and cut into 1½-inch cubes
- 2 tablespoons ground cumin
- 1 tablespoon salt
- 1 tablespoon dried oregano
- 1 teaspoon chili powder
- 1 teaspoon ground black pepper
- 1½ cups chicken broth
- Juice of 1 orange
- Juice of 2 limes
- 2 tablespoons olive oil
- 1 onion, quartered
- 4 cloves garlic

INSTRUCTIONS

1. In an Instant Pot or slow cooker, add pork. Season with cumin, salt, oregano, chili powder and pepper. Toss to coat. Add broth, juices and oil; stir. Add onion and garlic.
2. In an Instant Pot, cook for 1 hour, letting the pressure release naturally; in a slow cooker, cook for 6 to 8 hours on Low.
3. Let the pork cool in pot until safe to handle. Using a slotted spoon or 2 large meat forks, remove pork to a cutting board. Using 2 forks, shred meat, discarding any large remaining pockets of fat.
4. Heat a broiler. Line 2 baking sheets with foil. Place pork in a single layer on the sheets. Pour about 1 cup of juice from the pot over each sheet.
5. Broil 1 pan at a time for 5 to 8 minutes or until edges of pork are crispy.
6. Toss pork with additional juice from the pot. Add more lime juice if desired.

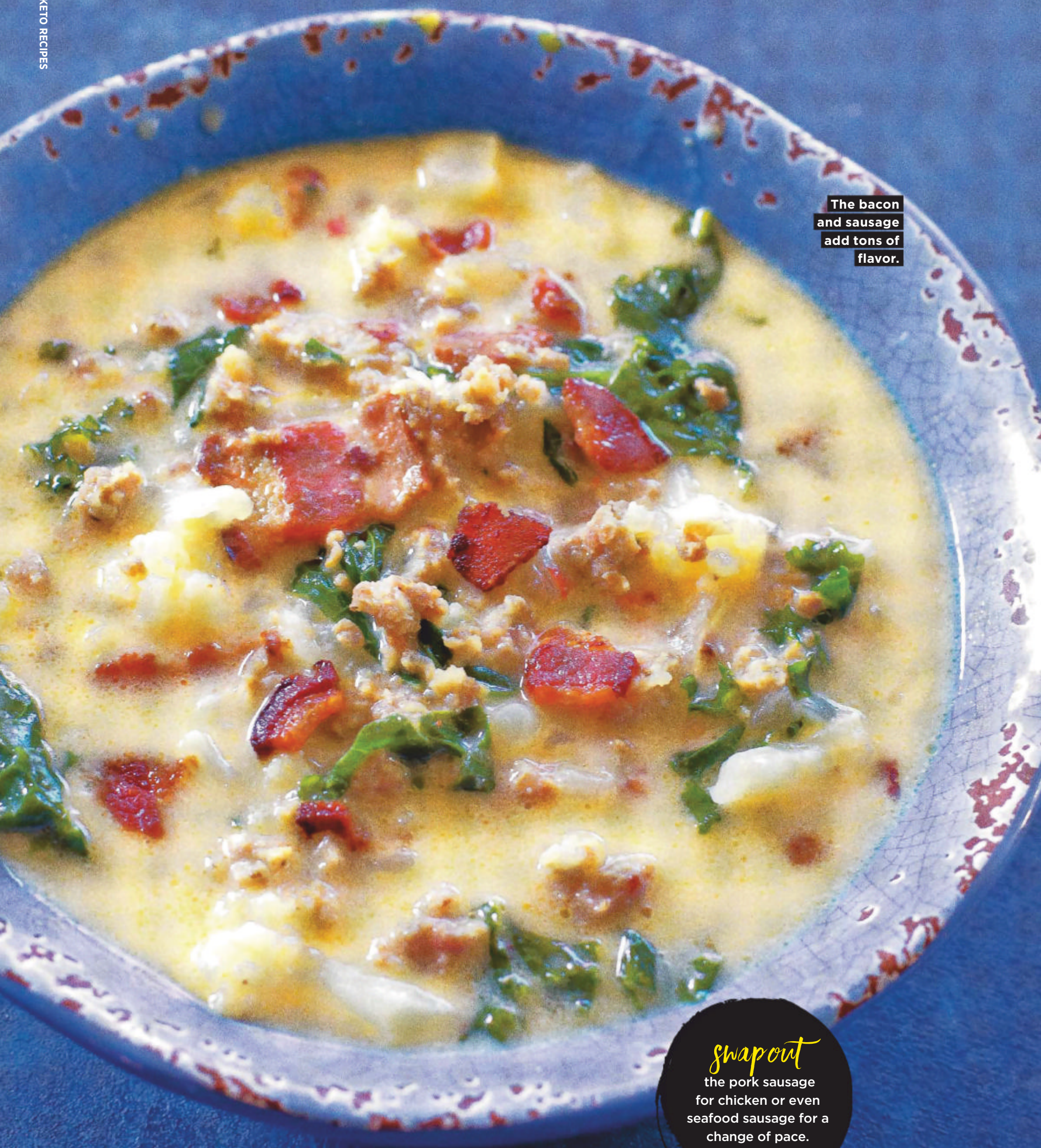
NUTRITION INFO (per serving):

Calories 661; Fat 50g; Protein 46g;
Carbs 3g; Fiber 0g; Net Carbs 3g

(Recipe courtesy of Christy Denney,
the-girl-who-ate-everything.com)



Make this
ahead and
freeze.



The bacon
and sausage
add tons of
flavor.

swapout
the pork sausage
for chicken or even
seafood sausage for a
change of pace.

Gyro Lettuce Wraps ►

These meatballs can also be served on their own as an appetizer or with tzatziki on the side for dipping.

Servings: 4

Start to Finish: 35 minutes

(10 minutes active)

INGREDIENTS

Meatballs

- ½ pound ground beef
- ½ pound ground lamb
- 1 large egg
- ¼ cup finely chopped yellow onion
- 1 tablespoon minced fresh garlic
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ⅓ cup crumbled feta cheese

Gyros

- 8 butter lettuce leaves (or other lettuce wraps)
- 1 large tomato, sliced
- ¼ red onion, thinly sliced
- 1 cup tzatziki (see recipe, page 81)

INSTRUCTIONS

1. Preheat oven to 400 F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine all meatball ingredients except feta. Mix gently with your hands to incorporate. Carefully fold in feta.
3. Form mixture into 16 (1-inch) meatballs; place on baking sheet, spaced at least 1 inch apart. Bake 20 to 25 minutes, or until browned and internal temperature reaches 160 F.
4. Let meatballs cool for 5 minutes; cut each into 3 slices. To assemble, evenly divide slices among lettuce leaves. Top with tomato, red onion and tzatziki.

NUTRITION INFO (per serving):

Calories 352; Fat 21g; Protein 32g; Carbs 8g; Fiber 1g; Net Carbs 7g (Recipe courtesy of Suzanne Ryan, ketokarma.com)



Zuppa Toscana ◀

This soup is a keto version of the dish made popular at the Italian restaurant Olive Garden.

Servings: 4

Start to Finish: 45 minutes

(10 minutes active)

INGREDIENTS

- 1 pound Italian sausage, casings removed
- ½ teaspoon crushed red pepper flakes
- 6 slices bacon, chopped
- ½ onion, diced
- 1 tablespoon minced fresh garlic
- 8 cups chicken broth
- 4 cups cauliflower florets
- 1 cup heavy cream
- 5 cups spinach, coarsely chopped
- ½–1 teaspoon xanthan gum (optional)

INSTRUCTIONS

1. In a large Dutch oven over medium-high heat, brown sausage and red pepper flakes for 10 to 15 minutes. With a slotted spoon, remove sausage from pot; set aside.
2. Add bacon to drippings; cook until crispy. Remove bacon from pot; set aside.
3. Add onions and garlic to pot; cook, stirring, 5 minutes, or until translucent. Add broth, increase heat to high and bring to a boil. Add cauliflower; cook 15 minutes or until tender.
4. Reduce heat to medium; stir in cream and sausage. Stir in spinach until it wilts. For a thicker soup, sprinkle in xanthan gum; whisk until thickened. Serve soup topped with bacon.

NUTRITION INFO (per serving):

Calories 247; Fat 25g; Protein 12g; Carbs 4g; Fiber 1g; Net Carbs 3g (Recipe courtesy of Christy Denney, the-girl-who-ate-everything.com)



*These veggie-packed dishes
are right at home served with dinner,
as a snack or to guests at a party.*

on the side



Tzatziki
adds tangy flavor to any main dish—or use as a dip with keto-friendly veggies like cucumbers.

Tzatziki ◀

Serve this as a dip with steamed asparagus and other vegetables, or as a topping for the lamb meatballs from Gyro Lettuce Wraps (see recipe, page 79), steak or grilled salmon.

Servings: 4

Start to Finish: 10 minutes
(10 minutes active)

INGREDIENTS

- 1 cup whole-milk Greek yogurt
- 1 small cucumber, diced
- 2 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh mint
- Salt and freshly ground black pepper

INSTRUCTIONS

In a medium bowl, combine all ingredients. Cover and chill.

NUTRITION INFO (per serving):

Calories 75; Fat 3g; Protein 6g;
Carbs 6g; Fiber 3g; Net Carbs 3g
(Recipe courtesy of Aimee Aristotelous, *Almost Keto*)

Sausage Stuffed Mushrooms ▼

These make yummy hors d'oeuvres for guests, or a lunch when paired with a salad. Stuff and bake a day ahead if you'd like, and broil just before serving.

Servings: 8

Start to Finish: 35 minutes

(15 minutes active)

INGREDIENTS

- 32 large baby portobello mushrooms with stems, wiped with a damp paper towel
- 1 pound hot or sweet pork sausage, casings removed
- 8 ounces cream cheese, at room temperature
- 1 cup chopped spinach

INSTRUCTIONS

1. Preheat oven to 350 F. Top a baking sheet with a wire rack.

2. Separate mushroom caps from stems. Reserve 1 cup of stems; chop finely and set aside.
3. In a large skillet over medium heat, brown sausage; drain. In a large bowl, mix sausage and cream cheese.
4. In the same skillet over medium heat, cook mushroom stems, stirring, until softened. Add spinach; cook 2 more minutes or until wilted. Drain.
5. Fold stems and spinach into sausage mixture; mix well. Stuff mushroom caps generously with sausage mixture; place stuffing-side up on prepared rack. Bake on center rack of oven for 20 minutes or until cooked through.
6. Broil on high heat for an additional 1 to 2 minutes or until golden brown.

NUTRITION INFO (per serving):

Calories 305; Fat 25g; Protein 15g;

Carbs 3g; Fiber 2g; Net Carbs 1g

(Recipe courtesy of Suzanne Ryan, ketokarma.com)

Creamy Cucumber Salad ▼

This is a perfect salad to serve on repeat throughout the summer.

Double or triple the recipe if needed.

Servings: 2

Start to Finish: 10 minutes

(10 minutes active)

INGREDIENTS

- ½ cup plain almond or coconut yogurt
- 1 scallion, chopped
- 1 tablespoon sliced red onion
- 1 tablespoon chopped fresh dill
- 1 garlic clove, minced
- Freshly ground black pepper
- ½ cup thinly sliced cucumber

INSTRUCTIONS

1. In a medium bowl, combine first 6 ingredients.
2. Add cucumber slices; toss to coat well.



NUTRITION INFO (per serving):
Calories 64; Fat 1g; Protein 4g;
Carbs 11g; Fiber 1g; Net Carbs 10g
(Recipe courtesy of Aimee
Aristotelous, *Almost Keto*)

Whole Roasted Cauliflower ►

One of the most versatile vegetables, cauliflower is transformed here into the star of the table. Slathered with pungent mustard and rich butter, this dish is destined to become a keeper. Cut into wedges to serve.

Servings: 4

Start to Finish: 1 hour 15 minutes
(10 minutes active)

INGREDIENTS

- 1 whole cauliflower
- 4 tablespoons butter
- 2 tablespoons olive oil
(preferably extra-virgin)
- 3 tablespoons whole-grain
mustard
- Zest and juice from 1 lemon
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon freshly ground black
pepper
- ¼ cup freshly grated Parmesan
cheese
- Chopped fresh parsley, for
garnish (optional)
- Tahini, for dipping (optional)



INSTRUCTIONS

1. Preheat oven to 425 F. Line a baking sheet or dish with parchment paper.
2. Trim outer leaves and stalk of

- cauliflower head so that it can stand upright on baking sheet.
3. In a small saucepan over low heat, heat butter and oil. Stir in mustard, lemon zest and juice, garlic powder, salt and pepper. Brush butter mixture all over cauliflower head.
4. Bake 1 hour, basting occasionally, or until tender; a skewer inserted into the center of the cauliflower should pass through easily.
5. Remove from oven; sprinkle with the Parmesan then return to oven for an additional 5 minutes or until cheese is melted and golden-brown.
6. Sprinkle with parsley; serve with tahini for dipping if desired.

NUTRITION INFO (per serving):
Calories 148; Fat 12g; Protein 5g;
Carbs 8g; Fiber 3g; Net Carbs 5g
(Recipe courtesy of Aimee
Aristotelous, *Almost Keto*)



to eat,
pull the leaves off,
dip into the sauce and
scrape off the flesh
with your teeth.



Simple Steamed Artichoke ◀

It takes a bit of patience to prepare this quintessential spring vegetable, which is why this simple preparation is the perfect reward for your hard work! While trimming, periodically submerge the artichoke in water seasoned with lemon juice. The vitamin C from the lemon juice will prevent the artichoke from discoloring.

Servings: 1

Start to Finish: 50 minutes
(20 minutes active)

INGREDIENTS

- 1 artichoke, stems removed, tops trimmed, tough outer leaves and inner choke removed
- 1 teaspoon olive oil (preferably extra-virgin)
- Juice of 1 lemon
- 2 tablespoons avocado-oil mayonnaise, for dipping

INSTRUCTIONS

1. In a medium saucepan fitted with a steamer insert, bring about 2 inches of water to a boil. Place the artichoke in the steamer insert; cook about 30 minutes until it's easy to pluck off one of the leaves.

2. Place artichoke on a serving plate; drizzle with olive oil and lemon juice.

3. Serve avocado-oil mayonnaise on the side for dipping the leaves.

NUTRITION INFO (per serving):

Calories 310; Fat 25g; Protein 6g; Carbs 19g; Fiber 9g; Net Carbs 10g

(Recipe courtesy of Aimee Aristotelous, *Almost Keto*)

Creamed Spinach ▶

A steakhouse favorite, this decadent dish is perfect alongside a simple grilled steak or roasted chicken. For something different, stir in warmed chicken broth and turn this into a soul-satisfying soup.

Servings: 4

Start to Finish: 10 minutes
(5 minutes active)

INGREDIENTS

- 1 tablespoon unsalted butter
- 1 clove garlic, minced
- 1 (10-ounce) package fresh spinach, chopped
- 2 ounces cream cheese
- ½ cup freshly grated Parmesan
- 2 tablespoons heavy cream
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

1. In a large pot over medium heat, add butter and garlic.

2. Cook 3 minutes, stirring constantly.

3. Add spinach and cream cheese; use a spatula to combine.

4. Stir in cheese and cream. Bring to a simmer and cook, stirring, for about 1 minute to reduce a bit.

5. Remove pot from heat; season with salt and pepper to taste before serving.

NUTRITION INFO (per serving):

Calories 171; Fat 14g; Protein 7g; Carbs 6g; Fiber 2g; Net Carbs 4g

(Recipe courtesy of Suzanne Ryan, ketokarma.com)





satisfying dinners

*Indulgent main courses for
weeknights or weekends.*



zoodles
are noodles made by
cutting zucchini and
summer squash
with a spiralizer. They
cook in seconds.

Zoodles With White Clam Sauce ◀

If you can't find fresh clams, swap in a can or two of whole baby clams for a quick meal.

Servings: 4

Start to Finish: 20 minutes
(10 minutes active)

INGREDIENTS

- ¼ cup butter
- 2 tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon minced fresh garlic
- ½ cup dry white wine
- 2 tablespoons freshly squeezed lemon juice
- 2 pounds littleneck clams, scrubbed
- 8 cups zucchini noodles
- ¼ cup chopped fresh parsley
- 1 teaspoon freshly grated lemon zest

INSTRUCTIONS

1. In a large skillet over medium-high heat, melt butter with oil, salt and pepper. Add garlic and cook for 1 minute or until fragrant.
2. Add wine and lemon juice; cook, stirring, 2 minutes until slightly reduced.
3. Add clams and cook 3 minutes or until they all open (discard any that don't open).
4. Remove skillet from heat; add zucchini noodles. Toss to coat and let sit for 2 minutes or until softened to your liking.
5. Stir in parsley and lemon zest. Taste and season with additional salt if desired.

NUTRITION INFO (per serving):

Calories 311; Fat 19g; Protein 13g;
Carbs 9g; Fiber 2g; Net Carbs 7g

(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)



Sheet-pan
suppers are
so easy.

Sheet-Pan Sausage & Peppers ▲

This one-pan recipe comes together in minutes and is perfect for weekly meal prepping.

Servings: 5

Start to Finish: 50 minutes
(10 minutes active)

INGREDIENTS

- 1 spaghetti squash, halved and seeded (do not peel)
- 1 red onion
- 1 red bell pepper, seeded
- 1 yellow bell pepper, seeded
- 1 package (5 links) hot or sweet Italian sausage
- 3 tablespoons olive oil
- 1 teaspoon salt

- ¼ teaspoon freshly ground black pepper
- 2 teaspoons chopped fresh parsley

INSTRUCTIONS

1. Preheat oven to 400 F. Place squash halves cut-side up on a large baking sheet.
2. Cut onion and peppers into 1/2-inch slices. Arrange sausages, onion slices and pepper slices around squash. Drizzle oil all over; season with salt and pepper.
3. Roast 40 minutes, or until squash is tender. Remove from oven and let cool slightly.
4. Using a fork, scrape squash lengthwise (to make long strands) into

a serving dish. Top with sausage and vegetables and sprinkle with parsley.

NUTRITION INFO (per serving):

Calories 324; Fat 26g; Protein 15g;
Carbs 10g; Fiber 3g; Net Carbs 7g

(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)

Chicken Florentine Soup ▼

Make this a great and quick weeknight dinner by buying a rotisserie chicken on the way home when you're out and about. (One chicken yields 3 to 4 cups of shredded meat.)

Servings: 6

Start to Finish: 18 minutes
(8 minutes active)

INGREDIENTS

- ¼ cup butter
- 4 cups baby spinach, chopped
- 1 teaspoon minced garlic
- 8 ounces cream cheese
- ¾ cup shredded Asiago cheese
- 4 cups chicken broth
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon freshly grated nutmeg
- 3 cups shredded cooked chicken



This protein-
rich soup cuts
cravings.

INSTRUCTIONS

1. In a large saucepan over medium heat, melt butter. Add spinach and garlic; cook 3 minutes or until spinach is wilted. Add cheeses; cook about 2 minutes, stirring, until melted.
2. Add broth; season with pepper and nutmeg. Add chicken and cook, stirring occasionally, 5 minutes or until heated through. Do not boil.

NUTRITION INFO (per serving):

Calories 385; Fat 28g; Protein 30g;
Carbs 3g; Fiber 0g; Net Carbs 3g
(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)

Italian Hasselback Chicken ►

If you can't find capicola, substitute prosciutto or salami; swap in mozzarella or Asiago for the sharp provolone.

Servings: 4

Start to Finish: 40 minutes

(15 minutes active)

INGREDIENTS

- 4 boneless skinless chicken breast halves (about 8 ounces each)
- 2 tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- 3 ounces hot or sweet capicola
- 3 ounces sharp provolone cheese
- 4 ounces mascarpone cheese
- 1 tablespoon butter
- ¼ teaspoon kosher salt
- 2 tablespoons chopped peperoncini
- 2 tablespoons chopped fresh basil

INSTRUCTIONS

1. Preheat oven to 375 F. Slit top of each chicken breast three-quarters of the way through, about 1 inch apart.
2. Pour oil onto a baking sheet; season with salt, pepper, garlic powder. Drag

each breast through oil on both sides until coated; place on sheet slit-side up.
3. Cut capicola slices in half and slice provolone into thin strips. Place 1 piece of capicola and 1 strip of provolone into each of the slits (see photo above).
4. Roast 25 minutes, or until chicken registers 165 F when tested with a meat thermometer. Transfer to plates or a serving platter.

5. Meanwhile, in a medium microwave-safe bowl, combine mascarpone and butter; microwave on high for 30 seconds. Whisk 2 minutes or until smooth. Stir in peperoncini and salt. Pour over chicken; sprinkle with basil.
NUTRITION INFO (per serving):
Calories 418; Fat 34g; Protein 24g;
Carbs 1g; Fiber 0g; Net Carbs 1g
(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)





This stew

is thickened with xanthan gum, which is safe for most but may cause bloating in some people.

Beef Stew With Cheesy Biscuit Crust ▲

This stew can be made ahead of time and frozen without the biscuit topping. Thaw and reheat, then top and bake with biscuits as directed. The radishes and celery add fiber and heartiness to the filling, and the whiskey, Dijon mustard and Worcestershire make the gravy extra mouthwatering.

Servings: 8

Start to Finish: 2 hours 5 minutes (15 minutes active)

INGREDIENTS

Stew

- 2 tablespoons coconut flour
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 pounds beef chuck, cut into 1-inch cubes
- 3 tablespoons avocado oil, divided
- 2 cups radishes, cut into ½-inch pieces
- 1 cup roughly chopped celery
- ½ cup chopped onion

- 1 clove garlic, chopped
- 2 tablespoons whiskey
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 tablespoon dried parsley
- ½ teaspoon dried thyme
- ¼ teaspoon xanthan gum

Biscuit Crust

- 6 tablespoons butter
- 1 cup almond flour
- 3 tablespoons coconut flour
- 2 teaspoons baking powder
- 1 teaspoon granulated sugar substitute (such as Swerve)
- ¾ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon xanthan gum
- 1 egg
- ½ cup shredded sharp cheddar cheese
- ⅓ cup unsweetened almond milk
- ½ teaspoon chopped fresh thyme

INSTRUCTIONS

1. In a medium bowl, whisk flour, salt and pepper. Pat beef pieces dry with a paper towel and add to bowl; toss to coat meat thoroughly. (You can also do this in a large zip-close plastic bag.)
2. In a large Dutch oven over medium-high heat, heat 2 tablespoons oil. Add beef; brown pieces on all sides, about 5 minutes. As they brown, transfer them to a platter.
3. When all meat is browned, add remaining oil to pot; stir in radishes, celery, onion and garlic. Cook, stirring occasionally, about 5 minutes, or until softened and fragrant.
4. Add whiskey and Worcestershire sauce; cook an additional 2 minutes, scraping browned bits from bottom.
5. Add beef back to pot; stir in mustard, herbs and 2½ cups cold water. Increase heat to high and bring to a boil. Reduce heat to low, cover and simmer for 1 hour or until meat is cooked through and tender.
6. Whisk in xanthan gum; increase heat to medium. Simmer, uncovered, 15 minutes, or until stew has thickened.

7. Meanwhile, make biscuits: Preheat oven to 375 F. In a medium microwave-safe bowl, microwave butter on high, uncovered, 30 seconds.

8. Stir in flours, baking powder, sweetener, salt, garlic powder and xanthan gum.

9. Fold in egg, cheese, almond milk and thyme until well combined.

10. Drop 8 equal spoonfuls of dough on top of stew. Bake 25 minutes or until biscuits are golden brown and have puffed up slightly. Let cool 10 minutes before serving.

NUTRITION INFO (per serving):

Calories 534; Fat 43g; Protein 29g; Carbs 9g; Fiber 4g; Net Carbs 5g
(Recipe courtesy of Mellissa Sevigny, ibreatheimhungry.com)

Instant Pot Lamb Shanks ►

Serve these melt-off-the-bone shanks over cauliflower mash, with gravy poured over the top and fresh cilantro and chopped fresh chiles as garnishes.

Servings: 2

Total Time: 55 minutes
(5 minutes active)

INGREDIENTS

- 1 tablespoon dried onion flakes
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon garam masala
- ¼ teaspoon freshly ground black pepper
- 2 lamb shanks, trimmed of fat
- 2 tablespoons avocado oil
- 1 tablespoon tomato paste
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced fresh garlic
- ⅓ cup coconut milk
- 1 tablespoon granulated sugar substitute (such as Swerve)
- ⅛ teaspoon xanthan gum (optional)

INSTRUCTIONS

1. In a small bowl, combine onion flakes, coriander, paprika, cumin, salt, garam

masala and pepper. Rub mixture all over lamb.

2. Turn on Instant Pot and set to Saute. Add oil to pot; brown shanks on all sides, about 5 minutes. Add tomato paste, ginger and garlic; cook, stirring, 2 minutes. Add coconut milk and ⅔ cup water and stir, scraping up any browned bits from bottom. Cover and seal pot; close vent. Set pot to Manual, High Pressure, 45 minutes.

3. When time is up, turn off pot, let it

cool for 15 minutes, then quick-release any remaining steam. Place shanks on a plate; set pot back to Saute.

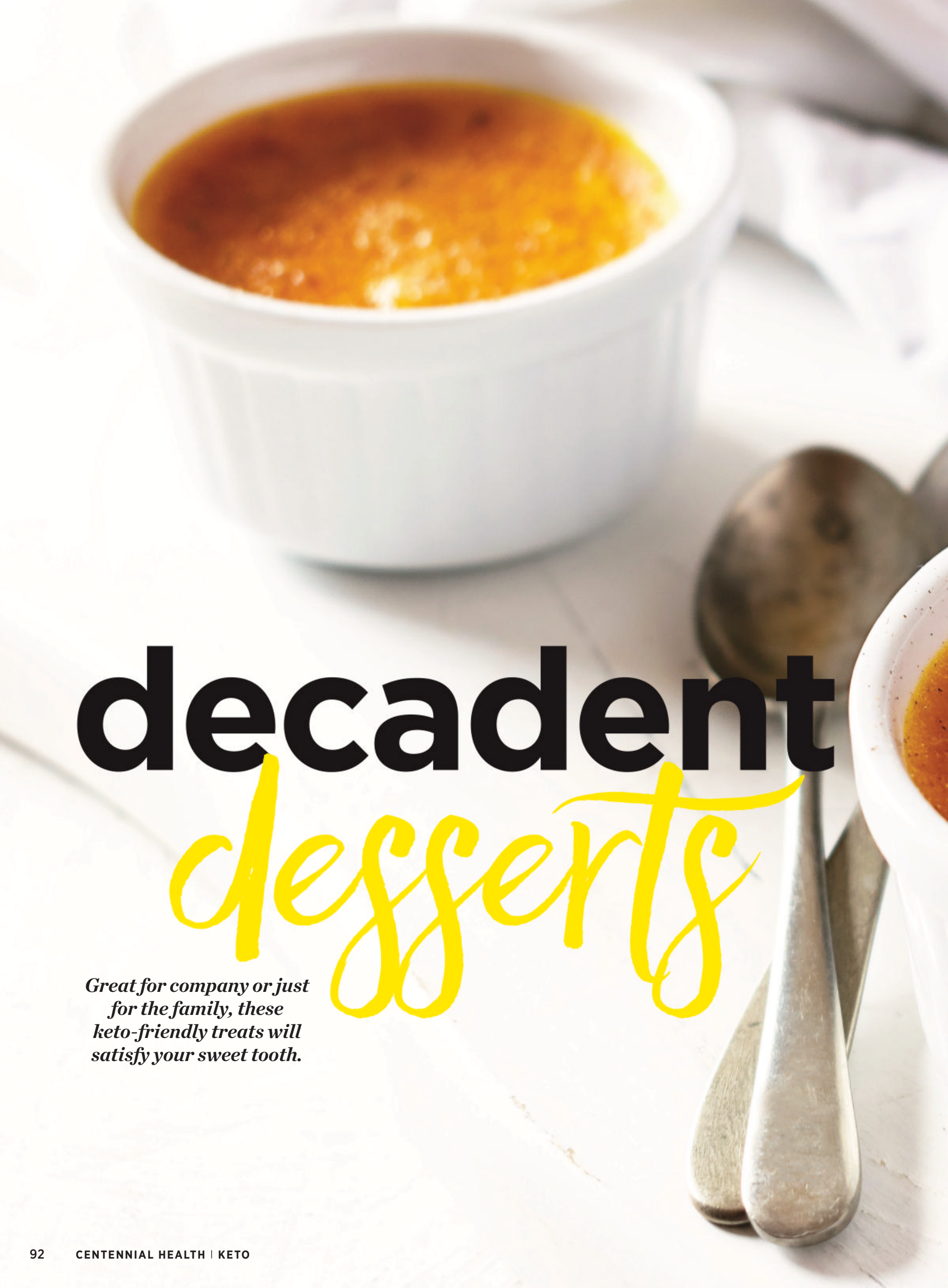
4. Whisk in sweetener and xanthan gum (if using), then simmer, stirring, 5 minutes or until thickened. Add lamb back to gravy and turn to coat.

NUTRITION INFO (per serving):

Calories 564; Fat 47g; Protein 42g; Carbs 4g; Fiber 0g; Net Carbs 4g
(Recipe courtesy of Mellissa Sevigny, ibreatheimhungry.com)



These shanks
are perfect for
company.



decadent desserts

*Great for company or just
for the family, these
keto-friendly treats will
satisfy your sweet tooth.*



Crème Brûlée ◀

Make these custards up to two days ahead and keep them in the fridge. Add the sweetener topping just before serving. If you don't own a kitchen torch, use the broiler.

Servings: 6

Start to Finish: 2 hours 10 minutes
(10 minutes active)

INGREDIENTS

- 5 large egg yolks
- 2 cups heavy cream
- ½ cup plus 2 tablespoons confectioners' sugar substitute (such as Swerve)
- 2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 325 F.
2. In a medium bowl, whisk together egg yolks and ½ cup sweetener until smooth. Stir in cream and vanilla.
3. Place six 6-ounce ramekins in a roasting pan. Divide egg yolk mixture evenly among ramekins, a little over ½ cup per dish. Pour enough hot water into roasting pan to come halfway up sides of ramekins.
4. Bake 50 minutes or until custard is set but still slightly jiggly. Remove from oven and let cool slightly.
5. Remove ramekins from water bath and dry outsides well. Refrigerate at least 1 hour.
6. Just before serving, evenly sprinkle 1 teaspoon of sweetener on top of each custard. Using a kitchen torch, melt and caramelize topping.

NUTRITION INFO (per serving):
Calories 204; Fat 18g; Protein 6g;
Carbs 4g; Fiber 0g; Net Carbs 4g
(Recipe courtesy of Suzanne Ryan, ketokarma.com)

Keep a batch
on hand
for instant
comfort!

Lemon Bars ▼

These gluten-free bars taste exactly like the full-carb coffee shop version but without all the ingredients you don't want.

Servings: 16 Bars

Start to Finish: 40 minutes
(10 minutes active)

INGREDIENTS

Crust

- 2 cups almond flour
- 6 tablespoons butter, melted
- $\frac{1}{3}$ cup granulated sugar substitute (such as Swerve)
- 1 tablespoon freshly grated lemon zest

Filling

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup granulated sugar substitute (such as Swerve)
- $\frac{1}{2}$ cup freshly squeezed lemon juice (about 6 lemons)
- $\frac{1}{4}$ cup freshly grated lemon zest
- 6 large egg yolks, at room temperature
- $\frac{1}{2}$ teaspoon xanthan gum

- 2 tablespoons unflavored collagen powder (or 1 teaspoon unflavored gelatin, such as Great Lakes)

INSTRUCTIONS

1. Preheat oven to 350 F. Line an 8-inch square baking dish with parchment paper, allowing paper to overhang sides of pan for easier removal.
2. In a medium bowl, mix together all crust ingredients. Evenly press into bottom of pan. Bake 10 minutes. Remove and let cool on a wire rack but leave oven on.
3. Meanwhile, prepare filling: In a medium saucepan over low heat, melt butter. Remove from heat; whisk in sweetener, lemon juice and lemon zest until dissolved.
4. Gradually whisk in egg yolks and set over low heat. Whisk continually until lemon curd starts to thicken.
5. Remove from heat; strain through a sieve into a small bowl. Whisk in xanthan gum and collagen (or gelatin) until dissolved.

6. Pour filling over parbaked crust; spread evenly to edges of pan. Bake 15 minutes or until set. Transfer to a wire rack to cool completely.

7. Cut into 16 pieces. If desired, sprinkle with additional confectioners' sweetener before serving.

NUTRITION INFO (per bar):

Calories 177; Fat 15g; Protein 3g;
Carbs 8g; Fiber 0g; Net Carbs 8g
(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)

Chocolate-Covered Cookie-Dough Bites ►

These keto-friendly treats are safe to eat since they contain no raw eggs. Store in refrigerator for up to 3 weeks.

Servings: 9

Start to Finish: 50 minutes
(5 minutes active)

INGREDIENTS

- $\frac{1}{2}$ cup (1 stick) unsalted butter, softened
- 3 tablespoons brown sugar substitute (such as Swerve)
- 2 tablespoons confectioners' sugar substitute (such as Swerve)
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ cup almond flour
- 1 cup sugar-free dark chocolate chips (such as Lily's), divided
- 1 tablespoon coconut oil

INSTRUCTIONS

1. In a large bowl, with an electric mixer on high speed, beat butter and sweeteners until light and fluffy, scraping sides of bowl as necessary. Beat in vanilla and salt until incorporated.
2. Turn mixer to low; slowly add almond flour until well mixed. Fold in $\frac{1}{2}$ cup chocolate chips. Cover with plastic wrap and refrigerate 15 minutes.
3. While dough is chilling, line a tray or plate(s) that will fit in your refrigerator or freezer with parchment paper.
4. Roll chilled dough into 18 balls, each





about 2 inches in diameter; place on lined tray. Place tray in refrigerator for at least 1 hour or in freezer for at least 30 minutes (the colder the dough balls are, the easier they will be to work with).

5. In a microwave-safe bowl, melt coconut oil and remaining ½ cup of chocolate chips in microwave on high in 30-second increments, stirring after each round of heating, until chocolate is smooth.

6. Using a fork or a toothpick, dip dough balls into melted chocolate mixture, then put back on lined tray. Place tray in freezer for 5 minutes, or until chocolate has hardened.

NUTRITION INFO (per serving):
Calories 153; Fat 14g; Protein 1g;
Carbs 6g; Fiber 0g; Net Carbs 6g
(Recipe courtesy of Suzanne Ryan, ketokarma.com)

Magic Bars ►

These fun cookie bars keep for up to a week, layered with parchment paper in an airtight container in the refrigerator. To make cleanup easier, soak the saucepan you use to make the caramel in hot water immediately.

Servings: 16 Bars

Start to Finish: 1 hour 5 minutes
(20 minutes active)

INGREDIENTS

Crust

- 1 cup almond flour
- ¼ cup confectioners' sugar substitute (such as Swerve)
- ½ teaspoon salt
- 2 tablespoons butter, softened
- ½ teaspoon vanilla extract

Caramel Sauce

- ½ cup coconut milk
- 3 tablespoons butter
- ¾ cup brown sugar substitute (such as Swerve)
- 1 egg yolk

Toppings

- 1 cup sugar-free baking chocolate chips (such as Lily's)
- ¾ cup unsweetened flaked coconut
- ½ cup chopped pecans

INSTRUCTIONS

1. Preheat oven to 350 F. Line an 8-inch square baking dish with parchment paper, allowing paper to overhang opposite sides of pan for easier removal.
2. Make crust: In a large bowl, whisk together almond flour, sweetener and salt. Add butter and vanilla and, using your hands, combine to make a crumbly dough.
3. Evenly press mixture into bottom

of pan. Using a fork, poke holes throughout crust. Bake 12 minutes or until light golden. Let crust cool on wire rack.

4. Meanwhile, make caramel sauce: In a small saucepan over medium-high heat, bring coconut milk, butter and sweetener to a boil. Reduce heat to medium-low and simmer, stirring, about 8 minutes or until the sauce is thickened.

5. Place egg yolk in a small mixing bowl. While whisking egg yolk vigorously, very slowly pour in coconut milk mixture.

6. When crust is done baking, pour caramel sauce evenly over parbaked crust. Sprinkle with toppings. Using the back of a spatula, press toppings down to make sure they stick to sauce.

7. Bake 20 minutes more or until set and golden. Cool on a wire rack to room temperature, then refrigerate at least 1 hour before serving. Cut into 16 pieces.

NUTRITION INFO (per bar):

Calories 190; Fat 18g; Protein 3g;
Carbs 15g; Fiber 5g; Net Carbs 10g
(Recipe courtesy of Suzanne Ryan, ketokarma.com)





unless
you bake often,
keep your nut flours
in the freezer to
prevent rancidity.

Cranberry Orange Cheesecake ▲

The jewel-toned cranberry gel on top makes this a real showstopper.

Servings: 12

Start to Finish: 1 hour 55 minutes,
plus 8 hours chilling time
(20 minutes active)

INGREDIENTS

Crust

- 6 tablespoons salted butter, melted
- 2 cups almond flour
- ⅓ cup brown sugar substitute (such as Lakanto monk fruit sweetener)
- 1 teaspoon freshly grated orange zest
- ¼ teaspoon orange extract
- ½ teaspoon ground cardamom

Cheesecake Filling

- 4 large eggs
- ¼ cup fresh or frozen

cranberries

- ¼ cup heavy cream
- 1 tablespoon vanilla extract
- 1 teaspoon freshly grated orange zest
- ½ teaspoon orange extract
- 32 ounces cream cheese, softened
- 1½ cups granulated sugar substitute (such as Swerve)
- Pinch salt

Cranberry Topping

- 1 cup cranberries
- ½ cup granulated sugar substitute (such as Swerve)
- 1 tablespoon freshly grated orange zest
- 2 teaspoons unflavored gelatin

INSTRUCTIONS

1. Preheat oven to 325 F. Grease sides of a 10-inch springform pan with butter.
2. Make crust: In a medium bowl,

combine all crust ingredients. Press evenly into bottom of prepared pan. Bake 10 minutes. Transfer to a wire rack to cool, but leave oven on.

3. Meanwhile, make cheesecake filling: In a blender, combine eggs, cranberries, heavy cream, vanilla, orange zest and orange extract until smooth.

4. Blend in half of cream cheese until smooth, scraping sides down as necessary, then blend in remaining cream cheese, half at a time, until smooth, again scraping sides as necessary. Blend in sweetener and salt. The batter should be thick and uniform in color.

5. Spoon filling into cooled crust; use back of spoon to smooth top. Bake cheesecake 1 hour 20 minutes.

6. Turn off oven; leave cheesecake in oven for 1 hour, leaving door slightly ajar to release heat. Remove cheesecake from oven and refrigerate at least 6 hours before adding cranberry topping.

7. Make cranberry topping: In a small saucepan over high heat, bring cranberries, 1 cup water, sweetener and orange zest to a boil. Reduce heat to medium-low and simmer 5 minutes, stirring occasionally, or until cranberries begin to burst.

8. Remove from heat. Using a large spoon or potato masher, smash cranberries to form a smooth paste. Strain mixture through a fine sieve into a bowl; discard solids.

9. In a small bowl, sprinkle gelatin over 1 tablespoon cold water and, using a small whisk, stir to combine into a paste.

10. Whisk gelatin mixture into hot cranberry liquid mixture until fully dissolved. Cover and refrigerate 1 hour, or until slightly thickened. (It should be soft enough to spread out, but not so liquid that it will soak into cheesecake layer.)

11. Spread cooled cranberry topping onto cheesecake to about ½ inch from edge. Refrigerate cheesecake at least 2 additional hours before serving.

NUTRITION INFO (per serving):
Calories 460; Fat 42g; Protein 11g;
Carbs 7g; Fiber 2g; Net Carbs 5g
(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)

Strawberry Mousse Cake ▼

This spectacular option is ideal to serve for a spring or summer birthday, when strawberries are at their peak of sweetness. You can prepare the cake ahead if needed.

Servings: 16
Start to Finish: 1 hour
(20 minutes active)

INGREDIENTS

Cake

- 1 cup (2 sticks) butter, softened
- 6 large eggs
- 1¼ cups granulated sugar substitute (such as Swerve)
- 3 cups almond flour
- 1 cup coconut flour
- Pinch salt
- 4 teaspoons baking powder
- ½ teaspoon xanthan gum
- 2 cups unsweetened almond milk
- ½ cup pureed strawberries (about 1 cup whole)

- 1 teaspoon vanilla extract
- 1 teaspoon strawberry extract
- 3–4 drops red food coloring (optional)

Strawberry Mousse Filling

- 1½ cups heavy cream
- ⅔ cup confectioners' sugar substitute (such as Swerve)
- 1 teaspoon vanilla extract
- 1 teaspoon unflavored gelatin
- 2 drops red food coloring (optional)
- 8 ounces mascarpone cheese, at room temperature
- ½ cup pureed strawberries
- ¼ cup strawberries, chopped

INSTRUCTIONS

1. Preheat oven to 350 F. Grease two 9-inch round cake pans and line with parchment paper.
2. Make cake: In a blender, blend all cake ingredients until smooth, stopping to scrape down sides as necessary.
3. Evenly divide between prepared pans. Using an offset spatula, spread tops smooth; gently tap pans on counter to release any large air bubbles.
4. Bake 40 minutes, or until a toothpick inserted in center comes out clean. Transfer to a wire rack to cool in pans for 30 minutes. Carefully turn cakes out onto wire rack to cool completely.
5. Meanwhile, make mousse filling: In a large bowl, combine cream, sweetener, vanilla, gelatin and food coloring. Using a whisk or an electric mixer on high speed, beat until stiff peaks form.
6. Fold in mascarpone, strawberry puree and chopped strawberries. Cover and chill while cake layers are cooling.
7. Once layers are cool, place one upside down on a cake plate. Using an offset spatula, spread half of mousse on top to edges. Top with second cake layer and press down slightly.
8. Spoon remaining mousse onto top. Garnish with fresh strawberries.

NUTRITION INFO (per serving):
Calories 422; Fat 37g; Protein 9g;
Carbs 10g; Fiber 5g; Net Carbs 5g
(Recipe courtesy of Mellissa Sevigny,
ibreatheimhungry.com)

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a picture!

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